



Moo Shu Pork Crepes

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup button mushrooms sliced
- ☐ 1 teaspoon cornstarch
- ☐ 10 basic crepes
- ☐ 0.5 ounce mushroom caps dried
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1.5 cups cabbage green thinly sliced
- ☐ 1 cup green onions sliced (1-inch)

- ☐ 5 teaspoons hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 pound boned pork loin cut into 2 x 1/4-inch strips
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon vegetable oil
- ☐ 2 cups water boiling
- ☐ 3 tablespoons water

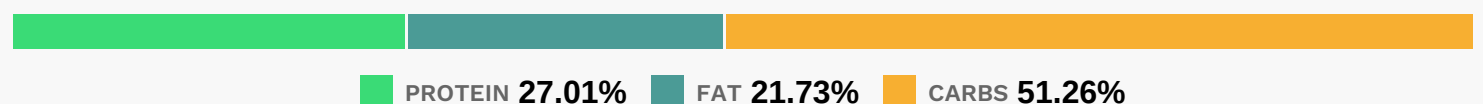
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine dried mushrooms and boiling water in a bowl; cover and let stand for 30 minutes or until tender.
- ☐ Drain the mushrooms. Rinse and slice mushrooms, and set aside.
- ☐ Combine the pork and the next 4 ingredients (pork through sugar) in a small bowl. Cover and marinate in refrigerator for 30 minutes.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add ginger, and saut 30 seconds.
- ☐ Add pork mixture, and stir-fry 1 minute.
- ☐ Add cabbage and 3 tablespoons water, and stir-fry 2 minutes.
- ☐ Add wood ear mushrooms, button mushrooms, and green onions; stir-fry 1 minute.
- ☐ Remove from heat.
- ☐ Spread 1/2 teaspoon hoisin sauce over each crepe. Spoon about 1/3 cup pork mixture on lower third of each crepe. Fold in edges of crepes; roll up.

Nutrition Facts



Properties

Glycemic Index:41.62, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:12.223043503969%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 212.06kcal (10.6%), Fat: 5.03g (7.74%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 25g (9.09%), Sugar: 11.47g (12.75%), Cholesterol: 40.62mg (13.54%), Sodium: 373.87mg (16.26%), Alcohol: 0.31g (100%), Alcohol %: 0.15% (100%), Protein: 14.08g (28.15%), Vitamin K: 59.05µg (56.24%), Selenium: 15.95µg (22.79%), Vitamin B6: 0.44mg (21.89%), Vitamin B3: 3.94mg (19.71%), Vitamin B1: 0.25mg (16.7%), Phosphorus: 147.32mg (14.73%), Vitamin C: 11.98mg (14.53%), Vitamin B2: 0.24mg (14.09%), Copper: 0.28mg (13.95%), Vitamin B5: 1.32mg (13.2%), Potassium: 384.93mg (11%), Zinc: 1.3mg (8.69%), Folate: 32.12µg (8.03%), Magnesium: 28.47mg (7.12%), Manganese: 0.14mg (6.98%), Iron: 1.24mg (6.9%), Fiber: 1.71g (6.84%), Calcium: 51.53mg (5.15%), Vitamin A: 220.22IU (4.4%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.33µg (2.2%), Vitamin E: 0.3mg (2.01%)