



Moo Shu Pork Pockets

 Dairy Free  Very Healthy

READY IN



39 min.

SERVINGS



6

CALORIES



2526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cabbage shredded
- 2 cups cabbage shredded ()
- 6 servings carrots shredded
- 6 servings jasmine rice cooked
- 1 european cucumber seedless thinly sliced
- 6 servings duck sauce
- 6 12-inch flour tortillas ()
- 6 servings bean sprouts fresh

- 2 cloves garlic minced
- 8 gingersnap cookies
- 3 pinches a few ground cayenne pepper
- 1 pound ground pork
- 1 cup hoisin sauce
- 1 small bell pepper red seeded thinly sliced
- 6 servings shred up a pile of vegetables or raw your favorite
- 6 servings salt
- 6 servings scallions thinly sliced
- 6 servings sesame seed toasted
- 1 tablespoon soya sauce
- 2 teaspoons sugar
- 0.3 cup aged tamari soy sauce
- 1 tablespoon vegetable oil (1 turn around the pan in a slow drizzle)
- 6 servings water
- 0.3 cup white distilled vinegar

Equipment

- bowl
- frying pan
- paper towels
- oven
- wok
- ice cream scoop

Directions

- Combine the pork, cabbage, cayenne pepper, garlic, gingersnap cookies, and soy sauce in a bowl. Form mixture into patties.
- Heat a large, nonstick skillet over medium high heat.

- Add wok or vegetable oil to the pan. Cook patties 7 minutes on each side.
- Heat tortillas on a nonstick surface over high heat for 30 seconds on each side. Paint the tortillas with hoisin sauce, leaving a 1-inch rim from edge. Pile shredded mixed veggies in center of tortilla and top with cooked pork patty. Fold the tortilla up on all four sides and wrap burger in a square package. Invert pork pocket and cut on diagonal.
- Serve pockets with jasmine rice sundaes and cucumber salad.
- Scoop prepared jasmine rice onto dinner plates using an ice cream scoop. Top with duck sauce and toasted sesame seed "sprinkles". This is a great use for those packets of leftover duck sauce that clutter up your junk drawers in the kitchen and kids love the look of the technique.
- Spread cucumber slices in a thin layer on double-ply paper towels.
- Roll paper towels up to squeeze water from sliced cucumbers.
- Transfer sliced cucumbers to a bowl and toss with sliced peppers.
- Combine remaining ingredients in a small plastic container and shake until sugar dissolves, about 1 minute.
- Pour the dressing over the cucumbers, toss, and serve.

Nutrition Facts



PROTEIN 12.37% **FAT 66.23%** **CARBS 21.4%**

Properties

Glycemic Index:105.65, Glycemic Load:50.02, Inflammation Score:-10, Nutrition Score:69.149565489396%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 2525.98kcal (126.3%), Fat: 185.22g (284.96%), Saturated Fat: 61.4g (383.77%), Carbohydrates: 134.63g (44.88%), Net Carbohydrates: 120.35g (43.77%), Sugar: 26.34g (29.26%), Cholesterol: 346.13mg (115.38%), Sodium: 2929.57mg (127.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.85g (155.7%), Vitamin A: 16716.09IU (334.32%), Selenium: 102.49µg (146.41%), Vitamin B1: 2.2mg (146.4%), Vitamin B3: 27.5mg (137.5%), Phosphorus: 1133.65mg (113.36%), Iron: 18.28mg (101.58%), Manganese: 2.02mg (100.81%), Vitamin B2: 1.65mg (97.03%), Vitamin

K: 99.74µg (94.99%), Copper: 1.73mg (86.73%), Vitamin B6: 1.6mg (80.04%), Vitamin C: 60.87mg (73.78%), Folate: 264.47µg (66.12%), Zinc: 9.58mg (63.85%), Fiber: 14.28g (57.11%), Potassium: 1945.61mg (55.59%), Vitamin B5: 5.36mg (53.56%), Magnesium: 202.94mg (50.74%), Calcium: 415.6mg (41.56%), Vitamin E: 4.02mg (26.77%), Vitamin B12: 1.48µg (24.74%), Vitamin D: 2.67µg (17.83%)