



Moo Shu Pork With Mandarin Pancakes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 pound pork loin boneless trimmed cut into 1 x 1/4-inch strips
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 10 mushroom caps dried
- ☐ 0.3 ounce wood ear mushrooms dried
- ☐ 2 large eggs lightly beaten

- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 12 cloves garlic minced
- ☐ 0.5 cup green onions sliced (1-inch)
- ☐ 0.5 cup hoisin sauce
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 16 mandarin pancakes
- ☐ 3 cups napa cabbage stalks chinese thinly sliced ()
- ☐ 4 cups cabbage leaves chinese thinly sliced ()
- ☐ 2 tablespoons rice wine
- ☐ 3 tablespoons rice wine
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil divided

Equipment

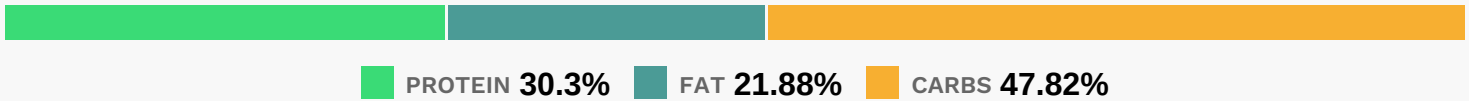
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Combine the first 4 ingredients in a zip-top plastic bag.
- ☐ Add pork; seal and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Remove pork from bag; discard marinade.
- ☐ Combine boiling water and dried shiitake mushrooms in a bowl; cover and let stand 20 minutes.
- ☐ Drain; discard mushroom stems, and thinly slice mushroom caps.

- ☐ Combine sliced mushroom caps, green onions, garlic, and ginger in a small bowl; set aside.
- ☐ Combine boiling water and wood ear mushrooms in a bowl; cover and let stand 20 minutes.
- ☐ Drain; cut mushrooms into thin slices. Set aside.
- ☐ Combine 3 tablespoons rice wine and next 4 ingredients (3 tablespoons rice wine through black pepper) in a small bowl; stir well with a whisk. Set aside.
- ☐ Heat 1 1/2 teaspoons vegetable oil in a wok or large nonstick skillet over medium-high heat.
- ☐ Add pork, and stir-fry 3 minutes.
- ☐ Remove pork from pan.
- ☐ Add 1 1/2 teaspoons vegetable oil to pan.
- ☐ Add eggs; stir-fry 30 seconds or until soft-scrambled.
- ☐ Add shiitake mushroom mixture; stir-fry 1 1/2 minutes.
- ☐ Add cabbage stalks; stir-fry 30 seconds.
- ☐ Add the wood ear mushrooms, cabbage leaves, and 2 tablespoons rice wine; stir-fry 1 minute.
- ☐ Add pork and cornstarch mixture; stir-fry 2 minutes or until sauce is thick.
- ☐ Place pork mixture on a platter.
- ☐ Combine hoisin sauce and 1 tablespoon soy sauce.
- ☐ Spread about 1 1/2 teaspoons hoisin sauce mixture on uncooked surface of each Mandarin Pancake. Top each pancake with 1/2 cup pork mixture; roll up.
- ☐ (Totals include Mandarin Pancakes)

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:10.19, Inflammation Score:-9, Nutrition Score:30.245217240375%

Flavonoids

Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg, Hesperetin: 13.97mg Naringenin: 17.64mg, Naringenin: 17.64mg, Naringenin: 17.64mg, Naringenin: 17.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 341.64kcal (17.08%), Fat: 8.37g (12.88%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 35.22g (12.81%), Sugar: 26.08g (28.98%), Cholesterol: 100.6mg (33.53%), Sodium: 789.14mg (34.31%), Alcohol: 1.51g (100%), Alcohol %: 0.4% (100%), Protein: 26.1g (52.19%), Vitamin C: 89.47mg (108.44%), Vitamin K: 79.41µg (75.63%), Vitamin B6: 1.25mg (62.33%), Selenium: 30.25µg (43.21%), Folate: 165.98µg (41.5%), Vitamin B1: 0.57mg (37.74%), Vitamin A: 1798.61IU (35.97%), Vitamin B3: 6.75mg (33.76%), Phosphorus: 335.33mg (33.53%), Potassium: 1106.88mg (31.63%), Manganese: 0.57mg (28.26%), Vitamin B2: 0.45mg (26.24%), Fiber: 5.97g (23.88%), Calcium: 212.34mg (21.23%), Magnesium: 82.01mg (20.5%), Vitamin B5: 1.73mg (17.25%), Zinc: 2.49mg (16.59%), Copper: 0.3mg (15.13%), Iron: 1.96mg (10.87%), Vitamin B12: 0.55µg (9.08%), Vitamin E: 1.06mg (7.05%), Vitamin D: 0.64µg (4.26%)