



Mu Shu Pork



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 1.8 ounces mushroom caps dried
- ☐ 2 large eggs beaten
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 3 tablespoons garlic minced
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup hoisin sauce

- ☐ 1 head napa cabbage
- ☐ 1 pound pork tenderloin cut into thin strips
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil plus more if needed
- ☐ 0.5 teaspoon sugar white
- ☐ 2 tablespoons white wine
- ☐ 16 moo shu pancakes frozen chinese warmed thawed
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Equipment

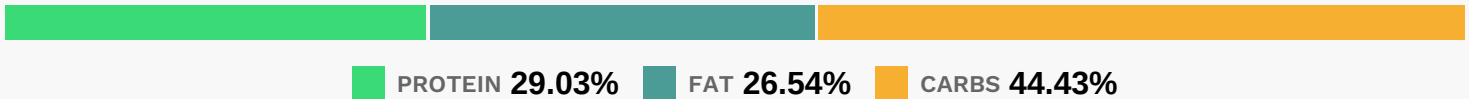
- ☐ bowl
- ☐ wok

Directions

- ☐ Place 2 tablespoons of soy sauce, 2 tablespoons of white wine, 1 teaspoon of sesame oil, and 2 teaspoons of cornstarch in a nonreactive bowl, and stir until smooth. Stir the pork strips into the marinade until thoroughly coated, and refrigerate for 1 hour.
- ☐ Pour hot water over the shiitake mushrooms in a bowl, and allow to soften for 15 to 20 minutes.
- ☐ Drain, pat dry, remove any hard stem pieces, and finely chop the mushrooms.
- ☐ Combine the mushrooms, green onions, garlic, and ginger in a bowl, and set aside.
- ☐ Remove the leaves from the Napa cabbage, and tear the green leafy portions from the central stalks of the leaves. Slice the stalks the long way into thin slices, then cut them into 1-inch pieces. Finely chop the green leafy portions, and set aside the sliced stems and chopped leaves in separate bowls.
- ☐ In a small bowl, stir together 3 tablespoons of soy sauce, 3 tablespoons of white wine, 1/2 teaspoon of cornstarch, sugar, and ground black pepper. Set the mixture aside.
- ☐ Heat vegetable oil and 1 teaspoon of sesame oil in a wok over medium-high heat, and cook and stir the marinated pork until cooked through, no longer pink, and the edges have begun to brown, about 5 minutes.

- ☐
- Remove the pork to a bowl.
- ☐
- Pour the beaten eggs into the hot wok, adding more vegetable oil if necessary, and cook and stir until the eggs are scrambled, firm, and well-broken up, about 2 minutes. Stir in the mushroom mixture, and cook and stir 1 to 2 minutes; then stir in the Napa cabbage stem pieces. Cook and stir until the stem pieces are hot but still crunchy, about 1 minute, and then add the chopped cabbage leaves.
- ☐
- Pour in 2 tablespoons of white wine, cook and stir the mixture until hot, about 1 more minute, then mix in the cooked pork and the reserved cornstarch mixture. Stir everything together until slightly thickened and hot, about 2 minutes.
- ☐
- Mix the hoisin sauce, 1 tablespoon of soy sauce, and 1 teaspoon of sesame oil in a small bowl until thoroughly combined. To serve, spread about 1 tablespoon of hoisin mixture on each pancake, top with about 1/2 cup of the pork mixture, roll, and serve.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:22.175217317498%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 231.23kcal (11.56%), Fat: 6.89g (10.6%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 22.62g (8.23%), Sugar: 11.68g (12.98%), Cholesterol: 84.39mg (28.13%), Sodium: 742.68mg (32.29%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Protein: 16.95g (33.9%), Vitamin K: 64.77µg (61.69%), Vitamin B1: 0.64mg (42.55%), Vitamin B6: 0.85mg (42.38%), Vitamin C: 32.93mg (39.91%), Selenium: 25.68µg (36.68%), Folate: 117.5µg (29.38%), Vitamin B3: 5.64mg (28.22%), Vitamin B2: 0.47mg (27.7%), Copper: 0.49mg (24.32%), Phosphorus: 237.66mg (23.77%), Manganese: 0.47mg (23.66%), Vitamin B5: 2.2mg (22.02%), Potassium: 688.68mg (19.68%), Zinc: 2.15mg (14.3%), Fiber: 3.32g (13.28%), Magnesium: 52.01mg (13%), Calcium: 119.99mg (12%), Iron: 1.8mg (9.98%), Vitamin A: 491.37IU (9.83%), Vitamin B12: 0.41µg (6.77%), Vitamin E: 0.68mg (4.5%),

Vitamin D: 0.66µg (4.41%)