



Mu Shu Pork Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts sliced chopped canned
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots shaved
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon ginger finely grated
- ☐ 0.5 cup hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium plus more for serving
- ☐ 0.3 cup orange juice fresh

- ☐ 1 cup pancake batter homemade store-bought (or)
- ☐ 1 pound pork chops boneless
- ☐ 2 tablespoons rice vinegar
- ☐ 1 small head savoy cabbage shredded
- ☐ 5 scallions white green thinly sliced (and parts)
- ☐ 1.5 tablespoons sesame seed
- ☐ 8 ounces mushroom caps thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

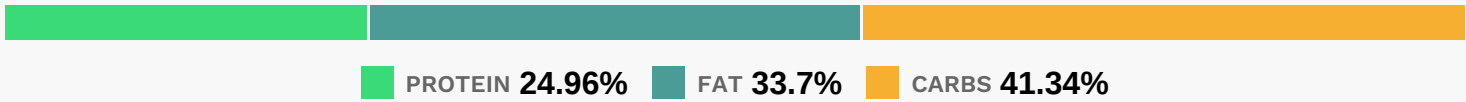
Directions

- ☐ Heat oven to 400 F. In a small bowl, combine the hoisin sauce, vinegar, soy sauce, orange juice, and ginger; set aside. Slice the pork chops into 1/4-inch-thick strips.
- ☐ Place the pork in a bowl, sprinkle with the cornstarch, and toss.
- ☐ Heat 1 tablespoon of the oil in a large skillet over medium-high heat.
- ☐ Add the pork and cook, stirring occasionally, until browned, 4 to 5 minutes.
- ☐ Transfer to a plate.
- ☐ Add the remaining oil to the pan and place over medium-low heat.
- ☐ Add the mushrooms and cook, stirring occasionally, for 2 minutes. Stir in the cabbage, carrots, water chestnuts, and cilantro (if using).
- ☐ Add the reserved sauce and cook until the cabbage begins to wilt, about 4 minutes.
- ☐ Add the pork and transfer to an 8-by-11-inch baking dish or shallow 2-quart casserole.
- ☐ Add the scallions to the pancake batter and pour the mixture over the casserole.
- ☐ Sprinkle with the sesame seeds.
- ☐ Bake until golden brown, about 20 minutes.

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Serve with the additional soy sauce.

Nutrition Facts



Properties

Glycemic Index:49.14, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:29.007826079493%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 361.59kcal (18.08%), Fat: 13.76g (21.17%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 30.99g (11.27%), Sugar: 12.44g (13.83%), Cholesterol: 66.72mg (22.24%), Sodium: 754.53mg (32.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.86%), Vitamin A: 4332.67IU (86.65%), Vitamin K: 79.01µg (75.25%), Vitamin B6: 1mg (49.93%), Selenium: 31.73µg (45.32%), Vitamin B3: 8.93mg (44.66%), Vitamin B1: 0.66mg (44.02%), Vitamin C: 32.74mg (39.68%), Phosphorus: 367.8mg (36.78%), Fiber: 6.99g (27.96%), Manganese: 0.5mg (25.16%), Folate: 99.7µg (24.92%), Vitamin B2: 0.42mg (24.53%), Potassium: 857.36mg (24.5%), Magnesium: 78.6mg (19.65%), Copper: 0.35mg (17.6%), Zinc: 2.52mg (16.8%), Vitamin B5: 1.57mg (15.7%), Iron: 2.48mg (13.76%), Calcium: 125.42mg (12.54%), Vitamin E: 1.63mg (10.84%), Vitamin B12: 0.47µg (7.91%), Vitamin D: 0.45µg (3.02%)