



Mu Shu Pork Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- 1 teaspoon chile paste with garlic
- 4 cups d coleslaw mix
- 1 teaspoon cornstarch
- 0.3 cup less-sodium chicken broth fat-free
- 8 7-inch flour tortillas ()
- 1 tablespoon ginger fresh grated peeled
- 2 garlic cloves minced
- 1 tablespoon hoisin sauce

- 0.5 pound pork tenderloin trimmed halved lengthwise thinly sliced ()
- 2 tablespoons soya sauce low-sodium
- 1 cup onion vertically sliced
- 1 cup bell pepper red cut into 1/4-inch strips
- 1 teaspoon vegetable oil

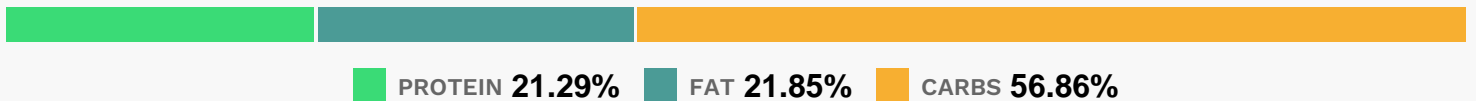
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients (broth through cornstarch) in a bowl; set aside.
- Heat oil in a nonstick skillet over medium-high heat.
- Add pork, chile paste, and minced garlic; saut 2 minutes or until pork is lightly browned.
- Add coleslaw, bell pepper, and onion; saut 2 minutes or until tender. Stir in broth mixture; cook 1 minute or until slightly thick.
- Warm tortillas according to package directions. Spoon 1/2 cup pork mixture into each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:8.42, Inflammation Score:-7, Nutrition Score:14.95652180651%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 208.61kcal (10.43%), Fat: 5.07g (7.8%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.33g (9.58%), Sugar: 5.11g (5.68%), Cholesterol: 18.49mg (6.16%), Sodium: 567.23mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin C: 38.52mg (46.69%), Vitamin B1: 0.56mg (37.29%), Vitamin K: 31.97µg (30.45%), Selenium: 19.55µg (27.93%), Vitamin B3: 4.35mg (21.73%), Vitamin B6: 0.39mg (19.47%), Phosphorus: 194.51mg (19.45%), Manganese: 0.37mg (18.58%), Folate: 73.13µg (18.28%), Vitamin B2: 0.28mg (16.41%), Fiber: 3.34g (13.35%), Iron: 2.34mg (13.01%), Vitamin A: 619.28IU (12.39%), Potassium: 326.16mg (9.32%), Calcium: 92.23mg (9.22%), Magnesium: 30.17mg (7.54%), Zinc: 0.98mg (6.5%), Copper: 0.1mg (5.1%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.16µg (2.65%)