



Mu Shu Pork Wraps

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup matchstick-cut carrots
- 8 ounce pork loin boneless trimmed
- 2 tablespoons canola oil divided
- 1 teaspoon cornstarch
- 2 tablespoons sesame oil dark
- 2 teaspoons garlic fresh minced
- 0.8 cup green onions divided sliced
- 1 tablespoon hoisin sauce

- 2 tablespoons lower-sodium soy sauce
- 1 small head savoy cabbage green
- 4 mushroom caps thinly sliced
- 3 tablespoons water

Equipment

- frying pan

Directions

- Reserve 8 cabbage leaves. Shred remaining cabbage to measure 2 cups.
- Combine soy sauce and next 3 ingredients (through cornstarch).
- Cut pork crosswise into 1/4-inch-thick slices. Stack several slices vertically; slice pork into 1/4-inch-thick pieces. Repeat procedure with remaining pork.
- Add pork, carrots, and mushrooms to soy sauce mixture; toss.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon oil.
- Add 1/4 cup onions; saut 30 seconds.
- Add shredded cabbage and water; saut 2 minutes.
- Remove cabbage mixture from pan.
- Add remaining 1 tablespoon oil.
- Add remaining 1/2 cup onions and garlic; saut 30 seconds.
- Add pork mixture; saut 3 minutes or until done.
- Add cabbage mixture; toss.
- Place about 1/3 cup pork mixture into each of 8 reserved cabbage leaves.

Nutrition Facts

 **PROTEIN 24.52%**  **FAT 55.28%**  **CARBS 20.2%**

Properties

Glycemic Index:31.5, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:22.843913042027%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 263.11kcal (13.16%), Fat: 16.71g (25.7%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 8.71g (3.17%), Sugar: 5.26g (5.84%), Cholesterol: 35.84mg (11.95%), Sodium: 429.97mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Vitamin K: 124.39µg (118.47%), Vitamin A: 3528.71IU (70.57%), Vitamin C: 39.61mg (48.01%), Vitamin B6: 0.75mg (37.34%), Folate: 113.43µg (28.36%), Selenium: 18.12µg (25.89%), Vitamin B1: 0.35mg (23.61%), Vitamin B3: 4.48mg (22.38%), Phosphorus: 219.5mg (21.95%), Fiber: 5.02g (20.1%), Potassium: 644.28mg (18.41%), Manganese: 0.36mg (18.2%), Magnesium: 61.65mg (15.41%), Vitamin B2: 0.22mg (12.99%), Vitamin E: 1.74mg (11.59%), Zinc: 1.67mg (11.11%), Vitamin B5: 0.96mg (9.6%), Copper: 0.17mg (8.51%), Iron: 1.41mg (7.85%), Calcium: 68.2mg (6.82%), Vitamin B12: 0.29µg (4.82%), Vitamin D: 0.28µg (1.89%)