



Plum Pork Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 10-inch flour tortillas ()
- 0.3 cup green onions chopped
- 2 tablespoons hoisin sauce prepared (see notes)
- 1 pound pork tenderloin fat trimmed
- 2 cups napa cabbage shredded
- 2 firm-ripe plums pitted rinsed thinly sliced (10 oz. total)
- 0.3 cup rice vinegar
- 0.5 teaspoon salad oil

2 teaspoons soya sauce

Equipment

bowl

frying pan

oven

kitchen thermometer

microwave

Directions

Rinse pork tenderloin and pat dry.

Pour oil into an ovenproof frying pan over high heat. When hot, add pork and cook, turning to brown all sides, until well browned, about 5 minutes.

Transfer pan with pork to a 400 regular or convection oven; bake until a thermometer inserted in center of thickest part of meat reaches 155, 15 to 18 minutes.

Let cool. Slice 1/4 inch thick.

In a bowl, mix vinegar and soy sauce.

Add cabbage and green onions and mix to coat.

Heat tortillas in microwave at full power (100%) until warm and pliable, 15 to 20 seconds.

Spread each tortilla with about 1/2 tablespoon hoisin sauce. Arrange a fourth of the pork and plum slices down the center of each tortilla; top with a fourth of the cabbage mixture.

Roll tortillas up around filling and slice in half crosswise.

Nutrition Facts



PROTEIN 32.52% **FAT 21.33%** **CARBS 46.15%**

Properties

Glycemic Index:50.42, Glycemic Load:12.6, Inflammation Score:-6, Nutrition Score:27.107825849367%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 388.42kcal (19.42%), Fat: 9.01g (13.86%), Saturated Fat: 2.94g (18.39%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 40.05g (14.56%), Sugar: 8.84g (9.82%), Cholesterol: 73.95mg (24.65%), Sodium: 877.55mg (38.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.83%), Vitamin B1: 1.51mg (101%), Selenium: 51.06µg (72.95%), Vitamin B3: 11.22mg (56.1%), Vitamin B6: 1.04mg (51.81%), Phosphorus: 451.25mg (45.13%), Vitamin K: 41.1µg (39.14%), Vitamin B2: 0.64mg (37.73%), Folate: 105.18µg (26.3%), Manganese: 0.51mg (25.48%), Iron: 4.11mg (22.81%), Potassium: 721.41mg (20.61%), Vitamin C: 14.99mg (18.17%), Zinc: 2.71mg (18.05%), Fiber: 3.83g (15.33%), Calcium: 149.23mg (14.92%), Magnesium: 58.21mg (14.55%), Vitamin B5: 1.18mg (11.82%), Copper: 0.23mg (11.48%), Vitamin B12: 0.58µg (9.64%), Vitamin A: 318.25IU (6.37%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.23µg (1.51%)