



WHATSheATE



Pork Patties with Plum Sauce and Napa Cabbage Slaw

 Dairy Free

READY IN



48 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons brown sugar
- ☐ 0.5 cup bulgur uncooked
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 2 tablespoons sherry dry
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 1 tablespoon garlic minced
- ☐ 1 cup spring onion divided
- ☐ 1.5 pounds ground pork 80% lean
- ☐ 6 cups napa cabbage shredded chinese ()
- ☐ 0.5 pound plums coarsely chopped
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 3 tablespoons seasoned rice vinegar
- ☐ 0.5 teaspoon sriracha such as huy fong) hot
- ☐ 1 cup water boiling

Equipment

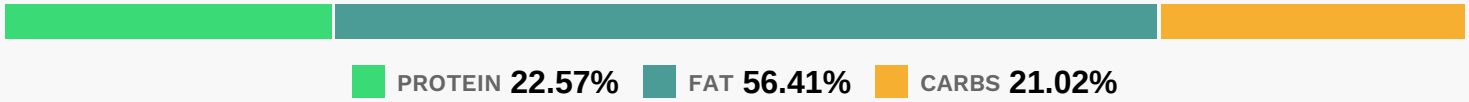
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil. Cover; reduce heat, and simmer 15 minutes, stirring frequently.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Place plum mixture in a blender or food processor; process until smooth.
- ☐ Combine 1 cup boiling water and bulgur in a medium bowl; cover and let stand 20 minutes.
- ☐ Drain well.
- ☐ Combine bulgur, pork, 1/2 cup onions, 1/4 cup cilantro, sherry, garlic, ginger, 3/4 teaspoon salt, and pepper in a medium bowl. Divide pork mixture into 12 equal portions, gently shaping each into a 3/4-inch-thick patty. Press a nickel-sized indentation in center of each patty.

- ☐
- Heat a large skillet or grill pan over medium–high heat. Coat pan with cooking spray.
- ☐
- Add 6 patties to pan; cook 5 minutes on each side or until done. Repeat with remaining 6 patties.
- ☐
- Combine remaining onions, remaining cilantro, remaining salt, cabbage, vinegar, and oil; toss gently to coat.
- ☐
- Serve patties with slaw; drizzle with plum sauce.

Nutrition Facts



Properties

Glycemic Index:62.28, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:22.255217489989%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 395.86kcal (19.79%), Fat: 24.67g (37.95%), Saturated Fat: 9.02g (56.4%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 16.55g (6.02%), Sugar: 8.27g (9.19%), Cholesterol: 81.65mg (27.22%), Sodium: 475.72mg (20.68%), Alcohol: 0.51g (100%), Alcohol %: 0.2% (100%), Protein: 22.21g (44.42%), Vitamin K: 74.09µg (70.56%), Vitamin B1: 0.91mg (60.77%), Selenium: 29.04µg (41.49%), Vitamin C: 29.12mg (35.3%), Vitamin B6: 0.7mg (34.83%), Manganese: 0.62mg (30.76%), Vitamin B3: 6.11mg (30.54%), Phosphorus: 272.5mg (27.25%), Folate: 82.53µg (20.63%), Vitamin B2: 0.35mg (20.37%), Zinc: 3.04mg (20.25%), Potassium: 686.12mg (19.6%), Fiber: 4.12g (16.48%), Magnesium: 59.19mg (14.8%), Vitamin B12: 0.79µg (13.23%), Vitamin A: 638.33IU (12.77%), Iron: 1.94mg (10.76%), Vitamin B5: 1.05mg (10.48%), Calcium: 101.8mg (10.18%), Copper: 0.17mg (8.63%), Vitamin E: 0.33mg (2.19%)