



Pork Shoulder Lettuce Wraps with Kimchi

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

READY IN



235 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings boston lettuce leaves for serving
- 12 ounce coca-cola such as coke canned
- 2 tablespoons fish sauce
- 0.3 cup cilantro leaves fresh coarsely chopped
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic finely chopped
- 3 cloves garlic pureed
- 8 cloves garlic chopped

- 1 teaspoon ginger grated
- 2 green onions halved lengthwise sliced thin
- 4 green onions sliced
- 0.5 teaspoon coarsely ground pepper black
- 1 tablespoon honey
- 2 teaspoons honey
- 1 tablespoon gochujang sauce
- 2 tablespoons gochujang sauce
- 1 head napa cabbage shredded halved
- 1.5 pounds pork shoulder steak trimmed
- 0.3 cup rice vinegar
- 1 tablespoon rice vinegar
- 2 tablespoons rice vinegar
- 2 serrano chiles seeded chopped
- 1 teaspoon sesame oil
- 2 tablespoons sesame oil
- 2 teaspoons sesame seed toasted
- 0.3 cup soya sauce
- 1 tablespoon soya sauce

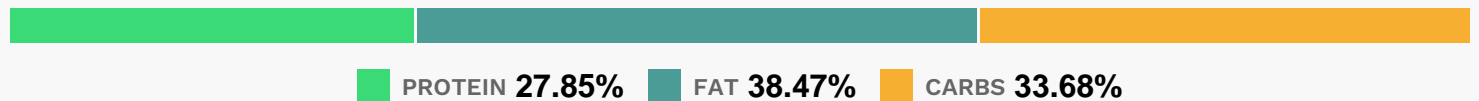
Equipment

- bowl
- sauce pan
- whisk
- baking pan
- grill
- kitchen thermometer
- aluminum foil

Directions

- Watch how to make this recipe.
- Whisk the cola, cilantro, soy sauce, sesame oil, vinegar pepper and garlic in a large baking dish.
- Add the pork and turn to coat. Cover the baking dish and marinate in the refrigerator for at least 2 hours and up to 8 hours.
- Prepare the grill for indirect grilling, with part of the grill at high heat.
- Remove the pork from the marinade 30 minutes before grilling to take the chill off.
- Grill the pork until charred, about 3 minutes. Flip the pork and grill for another 3 minutes. Both sides of the pork should be nicely charred. Move the pork to indirect heat, cover the grill, and cook for about 5 minutes until a meat thermometer inserted in the pork registers 150 degrees F.
- Remove the pork from the grill and set aside, loosely tented with foil, about 10 minutes.
- Cut the pork, against the grain, into thin strips. Fill the lettuce leaves with some of the pork, a drizzle of the Gojuchang Sauce and top with the Quick Kimchi.
- Put the cabbage in a large bowl. Make an ice bath in a larger bowl.
- Combine the vinegar, fish sauce, gochujang, honey, ginger, garlic and chiles in a small saucepan. Bring the mixture to a simmer and immediately pour over the cabbage. Set the bowl of cabbage in the ice bath and cool, tossing occasionally. When the cabbage is cool, add the cilantro and onions.
- Whisk the gochujang, soy sauce, vinegar, honey, seeds, sesame oil, garlic and onions in a small bowl.

Nutrition Facts



Properties

Glycemic Index:169.89, Glycemic Load:11.76, Inflammation Score:-9, Nutrition Score:33.394782698673%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg

Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 381.44kcal (19.07%), Fat: 16.53g (25.43%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 28.62g (10.41%), Sugar: 21.93g (24.36%), Cholesterol: 69.52mg (23.17%), Sodium: 2012.86mg (87.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 26.92g (53.83%), Vitamin K: 146.13µg (139.17%), Vitamin C: 70.31mg (85.23%), Vitamin B1: 1.06mg (70.76%), Vitamin B6: 1.19mg (59.5%), Folate: 207.28µg (51.82%), Selenium: 35.15µg (50.21%), Manganese: 0.85mg (42.62%), Phosphorus: 341.76mg (34.18%), Vitamin B3: 6.6mg (33.01%), Potassium: 1088.45mg (31.1%), Vitamin B2: 0.51mg (30.1%), Zinc: 4.21mg (28.03%), Calcium: 243.9mg (24.39%), Vitamin A: 1168.27IU (23.37%), Magnesium: 86.66mg (21.66%), Iron: 3.32mg (18.46%), Copper: 0.32mg (15.9%), Fiber: 3.94g (15.76%), Vitamin B12: 0.91µg (15.25%), Vitamin B5: 1.28mg (12.78%), Vitamin E: 0.59mg (3.95%)