

food
network



HEALTH SCORE

64%

Round 2 - Pork Cabbage Wraps



Dairy Free



Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



1489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 2 pounds chicken thighs bone-in
- ☐ 2 teaspoons brown sugar
- ☐ 2 cups cabbage shredded for round 2 pork cabbage wraps recipe reserve 4 outer leaves
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons canola oil divided
- ☐ 2 carrots grated
- ☐ 14.5 ounce chicken broth canned

- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 1 small cucumber julienned
- ☐ 0.3 cup flour all-purpose
- ☐ 4 large flour tortillas
- ☐ 1 teaspoon garlic chopped
- ☐ 1 tablespoon freshly ginger chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 hardboiled egg finely chopped
- ☐ 1 head iceberg lettuce
- ☐ 2 tablespoons juice of lime
- ☐ 1 cup mushrooms sliced
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 0.5 cup peanut butter chunky style
- ☐ 5 end-cut pork chops
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons spicy mustard
- ☐ 2 teaspoons sugar
- ☐ 2 cup water
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ toothpicks
- ☐ microwave
- ☐ cutting board

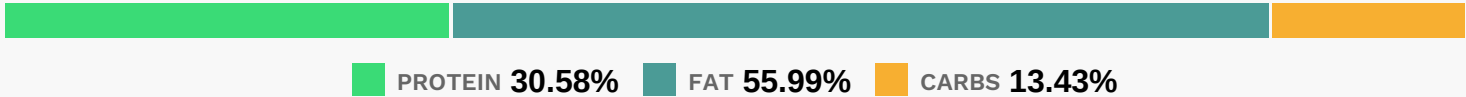
Directions

- ☐ Make a "V" cut in the bottom of each cabbage to remove the tough part of the stem. In a large pot of salted boiling water over medium-high heat, add the cabbage leaves and blanch for 30 seconds.
- ☐ Remove from the pot to a bowl of ice water to stop the cooking.
- ☐ Put the vegetables into a large mixing bowl.
- ☐ In another bowl whisk together the garlic ginger, white vinegar, soy sauce and oil.
- ☐ Pour over the vegetables and toss to coat completely. Dice the pork chop into bite-size pieces, add to the vegetables and toss to combine.
- ☐ Remove the cabbage leave from ice bath and pat dry. Put a quarter of the filling onto the lower third of 1 of the cabbage leaves.
- ☐ Roll the leaf half way so that it covers the filling. Fold the sides toward the center of the leaf and finish rolling it up from the bottom.
- ☐ Repeat with the remaining cabbage and filling. Arrange on serving dishes and serve.
- ☐ In a saucepan over medium heat, bring 2 cups of water and the soy sauce to a boil. Reduce the heat to a simmer and add the chicken thighs. Simmer until cooked through, about 15 minutes.
- ☐ Remove the chicken from pan to a cutting board. When cool enough to handle, shred meat and discard the bones. Reserve 1/4 cup for Round 2 Thai Chicken Spring
- ☐ Rolls recipe.
- ☐ In a small bowl combine the peanut butter, lime juice, sugar, garlic and red pepper flakes.
- ☐ Whisk in about 1/3 cup water and simmer until thick, and a pourable consistency is reached.
- ☐ Warm the tortillas in microwave wrapped in a slightly damp towel for about 45 seconds to make them more pliable. Assemble the wraps by layering, the chicken, dressing and

vegetables. Top with more dressing before rolling up. Secure with toothpicks and slice in half.

- ☐ Preheat an ovenproof skillet over high heat. Season the pork chops with salt and pepper, to taste.
- ☐ Add 1 tablespoon of canola oil to the pan.
- ☐ Add the pork chops and sear on both sides until golden brown.
- ☐ Remove from skillet and set aside.
- ☐ In same skillet over medium heat add the remaining tablespoon of canola oil, the onions and mushrooms and saute until slightly softened.
- ☐ Add the flour and cumin and cook until lightly golden in color. Stir in the chicken broth and mustard, and bring to a boil. Reduce the heat to a simmer, add the parsley and return all but 1 pork chop back into skillet. Reserve the 1 pork chop for Round 2 Recipe Pork Cabbage Wraps. Season with salt and pepper and spoon the gravy over the pork chops. Simmer for 5 minutes, or until pork chops are cooked through.
- ☐ Transfer to serving plates and serve with the Iceberg Wedge Salad.
- ☐ Remove the core from the lettuce and cut into 4 quarters. Arrange on serving plates and set aside.
- ☐ In a small skillet saute bacon until crisp.
- ☐ Remove from skillet, to a plate lined with a paper bag or paper towels. Once cooled, chop into small pieces and add to a small bowl. In the skillet over low heat, add the brown sugar, vinegar and salt and pepper, to taste.
- ☐ Whisk together until combined and sugar is completely dissolved. Stir in the egg and bacon and season with salt and pepper, to taste.
- ☐ Pour over the top of the iceberg wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:158.23, Glycemic Load:14.52, Inflammation Score:-10, Nutrition Score:59.489130434783%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg, Apigenin: 4.52mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 1489.48kcal (74.47%), Fat: 92.42g (142.18%), Saturated Fat: 23.42g (146.36%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 41.96g (15.26%), Sugar: 16.56g (18.4%), Cholesterol: 413.67mg (137.89%), Sodium: 2139.96mg (93.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 113.57g (227.14%), Selenium: 134.95µg (192.78%), Vitamin B3: 33.93mg (169.63%), Vitamin A: 6573.29IU (131.47%), Vitamin B6: 2.59mg (129.48%), Phosphorus: 1191.67mg (119.17%), Vitamin B1: 1.76mg (117.26%), Vitamin K: 118.8µg (113.14%), Vitamin B2: 1.15mg (67.6%), Zinc: 9.78mg (65.22%), Manganese: 1.23mg (61.71%), Potassium: 2080.5mg (59.44%), Vitamin B12: 3.41µg (56.79%), Magnesium: 209.53mg (52.38%), Vitamin B5: 4.78mg (47.77%), Vitamin E: 6.67mg (44.48%), Iron: 7.87mg (43.71%), Folate: 166.07µg (41.52%), Vitamin C: 27.83mg (33.74%), Copper: 0.67mg (33.43%), Fiber: 7.91g (31.64%), Calcium: 196.38mg (19.64%), Vitamin D: 1.38µg (9.18%)