



Shredded Five Spice Pork

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon five spice powder chinese
- ☐ 1 tablespoon balsamic vinegar black chinese
- ☐ 8 servings cilantro leaves rinsed
- ☐ 12 flour tortilla (7 to 8 in.)
- ☐ 4 cloves garlic minced pressed peeled
- ☐ 1 cup spring onion sliced (including tops)
- ☐ 3 cups cabbage shredded green finely
- ☐ 0.8 cup plum sauce chinese prepared

- ☐ 3.5 lb boston butt pork shoulder
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Rinse pork and cut meat in half.
- ☐ Place halves in a 4 1/2-quart or larger electric slow-cooker.
- ☐ Sprinkle with garlic, five spice, and sugar.
- ☐ Add soy sauce and 1 cup water.
- ☐ Cover and cook until pork is very tender when pierced, 7 1/2 to 8 1/2 hours on low, 5 1/2 to 6 1/2 hours on high. If possible, turn meat over halfway through cooking. With 2 slotted spoons, transfer pork to a 9- by 13-inch pan.
- ☐ Bake in a 450 oven until well browned, 15 to 20 minutes. Using 2 forks, separate pork into shreds; discard bones and fat. Put meat in a bowl, cover, and keep warm.
- ☐ As pork bakes, skim and discard fat from cooking liquid; pour into a 2- to 3-quart pan.
- ☐ Add vinegar. Bring to a boil over high heat; stir often until reduced to 1 cup, about 15 minutes.
- ☐ Stack tortillas and seal in foil.
- ☐ Add to oven and bake until tortillas are warm in the center, 10 to 12 minutes.
- ☐ Place in a towel-lined basket.
- ☐ Pour reduced sauce over shredded pork. Spoon some of the meat onto a warm tortilla; top with cabbage, onions, cilantro, and hoisin to taste. Fold 1 end of tortilla over filling, overlap sides to enclose, and hold shut to eat.

Nutrition Facts



 PROTEIN **28.42%**  FAT **27.95%**  CARBS **43.63%**

Properties

Glycemic Index:39.01, Glycemic Load:12.33, Inflammation Score:-5, Nutrition Score:23.960434322772%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 415.41kcal (20.77%), Fat: 12.76g (19.63%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 41.84g (15.22%), Sugar: 9.48g (10.53%), Cholesterol: 81.11mg (27.04%), Sodium: 989.71mg (43.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Vitamin B1: 1.33mg (88.99%), Selenium: 46.37µg (66.24%), Vitamin K: 49.4µg (47.05%), Vitamin B3: 7.91mg (39.53%), Phosphorus: 370.96mg (37.1%), Vitamin B2: 0.57mg (33.42%), Vitamin B6: 0.63mg (31.52%), Zinc: 4.29mg (28.58%), Iron: 4.37mg (24.27%), Manganese: 0.42mg (20.81%), Potassium: 659.1mg (18.83%), Folate: 70.86µg (17.71%), Vitamin B12: 1.02µg (16.95%), Vitamin C: 13.75mg (16.66%), Magnesium: 49.43mg (12.36%), Vitamin B5: 1.19mg (11.94%), Fiber: 2.98g (11.91%), Calcium: 116.07mg (11.61%), Copper: 0.23mg (11.27%), Vitamin A: 179.51IU (3.59%)