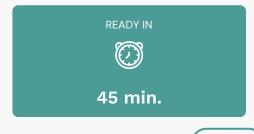
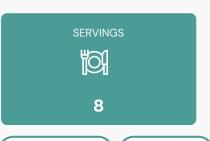


Shredded Five Spice Pork

airy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.8 cup plum sauce chinese prepared

	3.5 lb butt
	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

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, Luteolin: 0.02mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 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 %: O% (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%)