



Shredded Pork Wraps with Lemon Coleslaw

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons chili sauce ketchup-style
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 garlic clove minced
- ☐ 0.3 cup catsup
- ☐ 2 sheets grain lower carb lavash flatbreads eastern-style soft halved (10- by)
- ☐ 4 servings optional: lemon
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion chopped
- ☐ 12 oz pork tenderloin halved
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon all the tabasco sauce you handle
- ☐ 0.8 cup water
- ☐ 2 teaspoons worcestershire sauce

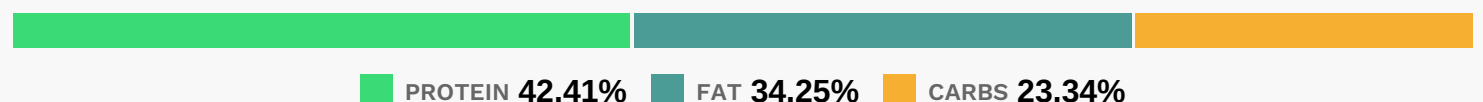
Equipment

- ☐ pot
- ☐ blender
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Cook onion and garlic in oil in a 3- to 4-quart heavy pot over moderate heat, stirring, until golden, about 8 minutes. Stir in remaining ingredients except pork, lavash, and coleslaw and simmer, covered, 10 minutes.
- ☐ Add pork and simmer, covered, turning occasionally, until tender, about 45 minutes.
- ☐ Transfer pork with tongs to a cutting board. Purée cooking liquid in a blender until smooth (use caution when blending hot liquids) and return to pot. When pork is cool enough to handle, shred lengthwise with your fingers or 2 forks and add to sauce. Simmer, stirring, just until pork is heated through.
- ☐ Divide shredded pork among pieces of lavash and top with some coleslaw, then wrap lavash around to form a cone.
- ☐ Shredded pork in sauce can be made 1 day ahead and chilled, covered. Reheat before using.
- ☐ Each serving (including coleslaw) contains about 339 calories and 8 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:13.285652108814%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 175.08kcal (8.75%), Fat: 6.61g (10.16%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.17g (3.33%), Sugar: 5.89g (6.55%), Cholesterol: 55.28mg (18.43%), Sodium: 643.32mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.4g (36.81%), Vitamin B1: 0.86mg (57.54%), Selenium: 26.26µg (37.51%), Vitamin B6: 0.74mg (36.81%), Vitamin B3: 6.03mg (30.13%), Phosphorus: 227.42mg (22.74%), Vitamin B2: 0.33mg (19.49%), Potassium: 489.63mg (13.99%), Zinc: 1.7mg (11.36%), Vitamin C: 8.93mg (10.83%), Vitamin B5: 0.77mg (7.73%), Magnesium: 30.79mg (7.7%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 1.08mg (7.17%), Iron: 1.29mg (7.15%), Copper: 0.13mg (6.48%), Manganese: 0.11mg (5.64%), Fiber: 0.95g (3.81%), Vitamin K: 3.33µg (3.17%), Vitamin A: 136.48IU (2.73%), Calcium: 24.27mg (2.43%), Folate: 8.36µg (2.09%), Vitamin D: 0.26µg (1.7%)