



Sugar-Crusted Pork Cabbage Wraps



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 tablespoons canola oil divided
- ☐ 2 cups cucumber thinly sliced
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup spring onion (1-inch)

- ☐ 8 teaspoons hoisin sauce
- ☐ 1.8 teaspoons kosher salt
- ☐ 8 cabbage leaves
- ☐ 1.5 pound pork tenderloin skinless trimmed
- ☐ 4 teaspoons chili paste depending on your taste pref (such as Huy Fong chile paste)

Equipment

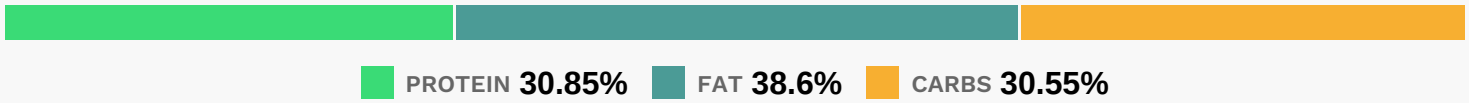
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine the first 5 ingredients, stirring well; rub spice mixture evenly over all sides of pork.
- ☐ Place pork in a zip-top plastic bag, and seal. Marinate in refrigerator for 1 hour, turning every 20 minutes.
- ☐ Preheat oven to 37
- ☐ Remove pork from refrigerator; let stand at room temperature for 30 minutes.
- ☐ Remove pork from bag, and discard marinade.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 25 minutes or until a thermometer inserted in the thickest portion registers 12
- ☐ Remove pork from oven; let stand 10 minutes.
- ☐ Cut pork crosswise into 2-inch pieces, and shred with 2 forks.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon canola and 1 tablespoon sesame oil to pan; swirl to coat.
- ☐ Add half of shredded pork to pan; saut 4 minutes or until browned and edges are crisp, stirring occasionally. Repeat procedure with remaining oils and pork.

- ☐
- Place 1 cabbage leaf on each of 8 plates; divide pork evenly among leaves. Top each serving with 1/4 cup cucumber and 2 tablespoons green onions.
- ☐
- Drizzle 1 teaspoon hoisin over each serving; top each with 1/2 teaspoon sambal oelek.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:16.076087049816%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 240.09kcal (12%), Fat: 10.35g (15.93%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.26g (6.27%), Sugar: 15.37g (17.08%), Cholesterol: 55.4mg (18.47%), Sodium: 625.54mg (27.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.25%), Vitamin B1: 0.87mg (57.82%), Vitamin K: 44.12µg (42.02%), Vitamin B6: 0.75mg (37.63%), Selenium: 26.3µg (37.58%), Vitamin B3: 5.92mg (29.6%), Phosphorus: 231.38mg (23.14%), Vitamin B2: 0.33mg (19.54%), Potassium: 514.23mg (14.69%), Vitamin C: 11.44mg (13.87%), Zinc: 1.8mg (12%), Manganese: 0.19mg (9.75%), Magnesium: 36.26mg (9.07%), Folate: 36.12µg (9.03%), Vitamin B5: 0.85mg (8.51%), Iron: 1.43mg (7.93%), Vitamin B12: 0.44µg (7.37%), Copper: 0.14mg (7.06%), Vitamin E: 0.98mg (6.56%), Calcium: 52.01mg (5.2%), Vitamin A: 248.03IU (4.96%), Fiber: 1.18g (4.72%), Vitamin D: 0.26µg (1.7%)