



## Tortilla Moo Shu Pork

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce carrots chopped
- 16 ounce coleslaw mix
- 1 tablespoon cornstarch
- 6 7-inch flour tortillas ()
- 3 tablespoons ginger fresh chopped
- 3 cloves garlic minced
- 2 tablespoons green onion chopped
- 6 servings salt and ground pepper black to taste

- 0.5 cup hoisin sauce
- 1 pound pork tenderloin
- 2 tablespoons asian sesame oil toasted ()
- 2 tablespoons soya sauce

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- kitchen thermometer
- microwave

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Season pork with salt and pepper and arrange on a large baking sheet.
- Bake in preheated oven until pork is slightly pink in the center, 20 to 30 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Shred pork.
- Mix hoisin sauce, soy sauce, sesame oil, and cornstarch in a bowl.
- Heat a large skillet over medium heat; cook and stir shredded pork, ginger, green onion, and garlic in the hot skillet until vegetables are fragrant.
- Add hoisin sauce mixture; stir. Cover and simmer under pork is very tender and sauce is thickened, about 20 minutes.
- Place tortillas on a microwave-safe plate and cover with a damp paper towel.
- Heat in microwave until warm, about 30 seconds. Scoop about 1/2 cup pork mixture in the center of each tortilla. Top with coleslaw mix and shredded carrots; fold tortillas in half.

## Nutrition Facts



■ PROTEIN 23.8% ■ FAT 28.76% ■ CARBS 47.44%

## Properties

Glycemic Index:41.47, Glycemic Load:10.08, Inflammation Score:-10, Nutrition Score:28.658260832662%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 376.03kcal (18.8%), Fat: 12.02g (18.5%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 38.92g (14.15%), Sugar: 12.85g (14.27%), Cholesterol: 49.83mg (16.61%), Sodium: 1131.66mg (49.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin A: 7991.05IU (159.82%), Vitamin B1: 1.06mg (70.71%), Vitamin K: 72.09µg (68.65%), Selenium: 34.19µg (48.84%), Vitamin B3: 8.23mg (41.13%), Vitamin B6: 0.82mg (40.82%), Vitamin C: 31.57mg (38.26%), Phosphorus: 335.72mg (33.57%), Vitamin B2: 0.51mg (29.74%), Manganese: 0.56mg (28.21%), Folate: 92.8µg (23.2%), Fiber: 5.7g (22.81%), Potassium: 701.74mg (20.05%), Iron: 3.37mg (18.7%), Magnesium: 55.66mg (13.92%), Zinc: 2.05mg (13.63%), Calcium: 131.25mg (13.12%), Vitamin B5: 1.05mg (10.55%), Copper: 0.2mg (10.21%), Vitamin B12: 0.39µg (6.55%), Vitamin E: 0.74mg (4.96%), Vitamin D: 0.23µg (1.51%)