BBQ Pulled 'Pork' Tacos (PKU-Friendly)

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

Jackfruit, related to the fig, is the largest tree fruit in the world. One fruit can grow to be 80 pounds! This fruit is packed with nutrients, including potassium which helps to maintain healthy blood pressure.

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	40 MIN

	PHE	Simplified PKU Protein
Serving	75mg	1g
Recipe	603mg	8g

INGREDIENTS

2 tsp	Olive Oil
¼ each	Onion, diced (2.25 oz.)
½ each	Bell Pepper, any color, diced (3 oz.)
8 oz.	Mushrooms, chopped
2 cloves	Garlic, minced
2 tsp	Tomato Paste
1 cup	Ketchup
1 cup	Vegetable Stock
2 (14oz) can	Jackfruit, drained & rinsed, roughly chopped
1 Tbsp	Apple Cider Vinegar
2 Tbsp	Gluten-Free Worcestershire Sauce
2 tsp	Smoked Paprika
¼ cup	Brown Sugar
1 Tbsp	Molasses
¼ tsp	Kosher Salt
1/8 tsp	Black Pepper, ground
1 head	Lettuce, Bibb or Romaine
2 cups	Mango Red Cabbage Slaw (PKU-Friendly) (see separate recipe)

CHEF'S NOTES

Serving Size = ½ cup

If you prefer a tangier barbeque sauce, increase the apple cider vinegar to 2 tablespoons.

Want to add a little heat? Add ½ of a diced jalapeño when you are adding your garlic to the sauteed veggies,

If a sweeter flavor appeals to you more, adding fresh fruits such as peaches, pineapples, or mangos would pair well with this dish!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large sauté pan, heat the oil over medium heat. Add the onions and sauté until translucent, about 3-4 minutes. Add the bell pepper and mushrooms and continue to sauté until mushrooms have released most of their moisture, about 5-7 minutes. Add the garlic and sauté until fragrant, about 30 seconds - 1 minute.
3. Add the tomato paste and stir until combined with vegetables. Add ketchup and vegetable stock and mix thoroughly. Add chopped jackfruit and stir to combine.

Directions Continued and Nutrition Facts Found on the Reverse Side

4. Add all remaining ingredients, except for the lettuce and the slaw. Simmer until jackfruit is tender, about 8 -10 minutes. Use two forks or a potato masher to shred the jackfruit apart. The end result should resemble pulled pork.
5. While the jackfruit is simmering, separate the lettuce leaves from head to use as taco shells.
6. To serve: spoon ½ cup of the mixture on each lettuce leaf. Top with ¼ cup mango red cabbage slaw and enjoy!

Nutrition Facts

8 servings per container

Serving Size	**1/2 cup (205 g)**
Amount per serving	
Calories	**130**
	% Daily Value *
Total Fat 1.5g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 960mg	**42%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 5g	**19%**
Total Sugars 19g	
Includes 17g Added Sugars	**33%**
Protein 2.9g	**5%**
Vitamin D 0.07mcg	0%
Calcium 50mg	4%
Iron 3mg	17%
Potassium 400mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "BBQ Pulled 'Pork' Tacos" (1/2/19)