



## Barbecued-Pork Burritos with Chopped Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bottled barbecue sauce
- 2 tablespoons cooking oil
- 1 cucumber diced peeled halved lengthwise seeded
- 0.3 tablespoon thyme leaves dried
- 36 inch flour tortillas
- 2 bell peppers diced green
- 0.5 teaspoon ground cumin
- 4 servings fresh-ground pepper black

- 1.5 cups monterey jack shredded
- 0.3 cup olive oil
- 1 pound pork tenderloin
- 2 cups romaine lettuce chopped
- 1.3 teaspoons salt
- 3 tomatoes diced
- 2.5 tablespoons red-wine vinegar

## Equipment

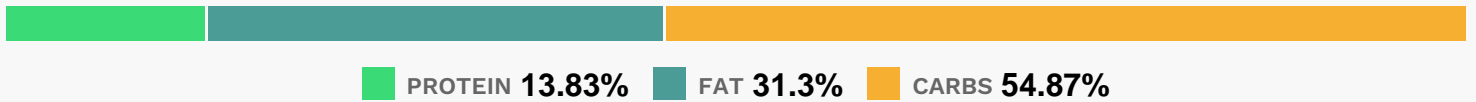
- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- In a medium bowl, whisk 1 1/2 tablespoons of the vinegar, the thyme, 3/4 teaspoon of the salt, and 1/8 teaspoon pepper.
- Add the olive oil slowly, whisking.
- Heat the oven to 35
- Cut the pork into 1/4-inch slices, and then cut the slices into 1/4-inch strips. In a large frying pan, heat 1 tablespoon of the cooking oil over high heat.
- Add half the pork, sprinkle with 1/4 teaspoon of the salt, and saut until cooked through and just beginning to brown, 3 to 4 minutes.
- Remove.
- Heat the remaining 1 tablespoon cooking oil and cook the rest of the pork, seasoning it with the remaining 1/4 teaspoon salt.
- Return all the pork to the pan. Stir in the barbecue sauce, cumin, the remaining 1 tablespoon vinegar, and two thirds (about 1 cup) of the cheese.
- Spread some of the pork mixture in a line just below the center of each tortilla.

- Roll up the burritos and put them seam-side down in a small baking dish.
- Bake for 10 minutes, sprinkle with the remaining cheese, and bake until the cheese melts and the filling is hot, about 2 minutes longer.
- Meanwhile, put the lettuce, tomatoes, bell peppers, and cucumber into the bowl and toss.
- Put the salad on plates and top with the burritos.
- Wine Recommendation: With sweet, smoky-tasting barbecue, it's a toss-up between an exuberant Californian zinfandel and a lush, jammy Australian shiraz.

## Nutrition Facts



### Properties

Glycemic Index:40.25, Glycemic Load:99.69, Inflammation Score:-10, Nutrition Score:70.236956389054%

### Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

### Nutrients (% of daily need)

Calories: 2571.3kcal (128.56%), Fat: 88.68g (136.44%), Saturated Fat: 30.33g (189.57%), Carbohydrates: 349.78g (116.59%), Net Carbohydrates: 323.81g (117.75%), Sugar: 52.5g (58.34%), Cholesterol: 111.42mg (37.14%), Sodium: 6424.55mg (279.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.18g (176.36%), Vitamin B1: 4.42mg (294.43%), Selenium: 182.12µg (260.18%), Vitamin B3: 36.77mg (183.84%), Phosphorus: 1835.3mg (183.53%), Manganese: 3.54mg (176.93%), Folate: 664.23µg (166.06%), Iron: 26.18mg (145.47%), Vitamin B2: 2.43mg (143.22%), Calcium: 1308.39mg (130.84%), Fiber: 25.97g (103.9%), Vitamin K: 106.47µg (101.4%), Vitamin B6: 1.59mg (79.59%), Vitamin C: 64.44mg (78.1%), Vitamin A: 3590.96IU (71.82%), Magnesium: 220.37mg (55.09%), Potassium: 1927.94mg (55.08%), Copper: 0.99mg (49.33%), Zinc: 7.3mg (48.68%), Vitamin E: 4.9mg (32.67%), Vitamin B5: 2.54mg (25.44%), Vitamin B12: 0.94µg (15.69%), Vitamin D: 0.59µg (3.96%)