



BBQ Pork Wraps

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 8 6-inch flour tortillas ()
- 2 tsp oil
- 1 onion sliced
- 1 lb pork chops boneless cut into strips
- 1 bell pepper green red cut into strips

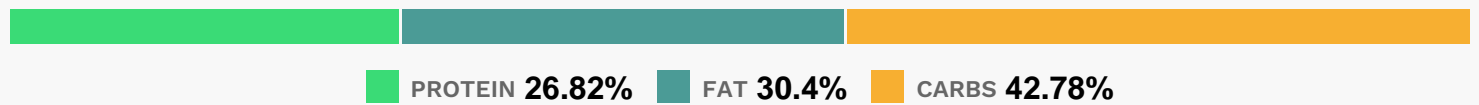
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add meat; cook and stir 2 to 3 min. or until evenly browned.
- Add vegetables; cook and stir 2 to 3 min. or until meat is done and peppers are crisp-tender.
- Stir in barbecue sauce; simmer on medium-low heat 6 to 8 min. or until heated through, stirring occasionally.
- Spoon meat mixture down centers of tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:1.34, Inflammation Score:-1, Nutrition Score:3.0795652075954%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 61.03kcal (3.05%), Fat: 2.03g (3.12%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 5.97g (2.17%), Sugar: 2.13g (2.37%), Cholesterol: 10.13mg (3.38%), Sodium: 115.5mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Selenium: 6.87µg (9.81%), Vitamin B1: 0.15mg (9.74%), Vitamin B3: 1.61mg (8.07%), Vitamin B6: 0.13mg (6.57%), Phosphorus: 53.46mg (5.35%), Vitamin C: 3.49mg (4.23%), Vitamin B2: 0.06mg (3.25%), Manganese: 0.06mg (2.81%), Potassium: 89.75mg (2.56%), Iron: 0.42mg (2.32%), Folate: 8.71µg (2.18%), Zinc: 0.3mg (1.97%), Fiber: 0.45g (1.81%), Magnesium: 7.07mg (1.77%), Calcium: 15.55mg (1.56%), Vitamin B5: 0.14mg (1.39%), Vitamin B12: 0.08µg (1.34%), Copper: 0.02mg (1.21%), Vitamin K: 1.18µg (1.13%)