



BULL'S-EYE Grilled Pork Wraps

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup bull's-eye original barbecue sauce divided
- 4 10-inch flour tortillas warmed () (6 inch)
- 2 medium pasilla peppers green quartered
- 1 medium onion sliced
- 1 lb center cut pork chops boneless

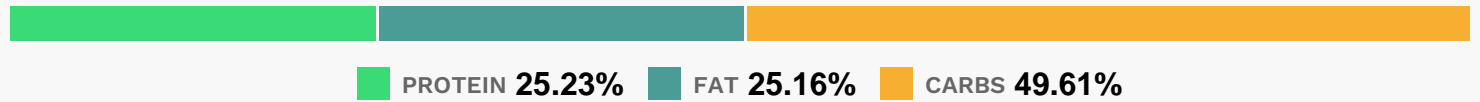
Equipment

- grill

Directions

- Preheat grill to medium-hot heat.
- Place chops and vegetables on greased grill.
- Grill chops 6 to 8 minutes on each side or until cooked through and grill vegetables 5 minutes on each side, brushing each frequently with 1/2 cup sauce.
- Slice chops and vegetables into thin strips. Divide filling among warm tortillas.
- Roll and tuck in sides to create an enclosed wrapper.
- Serve with remaining 1/4 cup barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:3.0434782569823%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 57.73kcal (2.89%), Fat: 1.59g (2.45%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.56g (2.38%), Sugar: 2.63g (2.92%), Cholesterol: 8.68mg (2.89%), Sodium: 128.55mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin B1: 0.13mg (8.89%), Selenium: 6.17µg (8.81%), Vitamin B3: 1.46mg (7.31%), Vitamin C: 5.74mg (6.95%), Vitamin B6: 0.12mg (6.12%), Phosphorus: 49.27mg (4.93%), Vitamin B2: 0.05mg (3.1%), Manganese: 0.06mg (3.02%), Potassium: 89.05mg (2.54%), Iron: 0.42mg (2.36%), Folate: 8.92µg (2.23%), Fiber: 0.5g (2.02%), Zinc: 0.27mg (1.79%), Magnesium: 6.92mg (1.73%), Calcium: 16.01mg (1.6%), Copper: 0.03mg (1.29%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.2µg (1.14%), Vitamin B12: 0.07µg (1.14%)