



Caribbean Pork Tacos

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons walkerswood jamaican jerk seasoning
- ☐ 6 6-inch flour tortilla warmed ()
- ☐ 2 garlic clove pressed
- ☐ 2 spring onion sliced
- ☐ 1 jalapeno seeded chopped
- ☐ 1 small jicama peeled cut into thin sticks
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh

- ☐ 2 tablespoons olive oil
- ☐ 1.3 cups pineapple fresh chopped
- ☐ 2 lb pork tenderloin

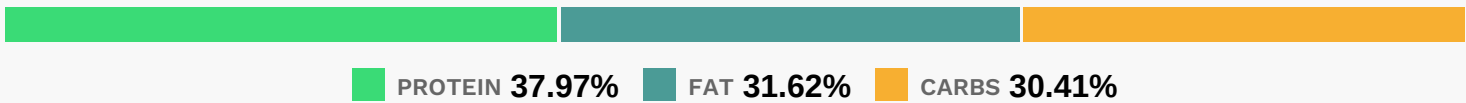
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a nonstick grill pan over medium-high heat. Rub pork tenderloins with jerk seasoning. Cook pork in pan 8 to 10 minutes on each side or until done.
- ☐ Let stand 5 minutes. Meanwhile, stir together pineapple, jicama, jalapeo, green onions, garlic, lime juice, olive oil, and kosher salt. Thinly slice pork; serve with salsa in warmed tortillas.

Nutrition Facts



Properties

Glycemic Index:33.61, Glycemic Load:7.74, Inflammation Score:-8, Nutrition Score:29.700869580974%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 369.43kcal (18.47%), Fat: 12.91g (19.86%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 22.24g (8.09%), Sugar: 6.38g (7.09%), Cholesterol: 98.28mg (32.76%), Sodium: 637.82mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Vitamin B1: 1.69mg (112.74%), Selenium: 53.7µg (76.71%), Vitamin B6: 1.33mg (66.26%), Vitamin B3: 12.01mg (60.03%), Phosphorus: 456.12mg (45.61%), Vitamin C: 36.69mg (44.47%), Vitamin B2: 0.66mg (38.59%), Manganese: 0.62mg (30.95%), Potassium: 847.66mg (24.22%), Fiber: 5.7g (22.81%), Zinc: 3.28mg (21.88%), Iron: 3.61mg (20.04%), Vitamin A: 897.9IU (17.96%), Magnesium: 65.31mg (16.33%), Vitamin E: 2.44mg (16.25%), Vitamin K: 17.02µg (16.21%), Vitamin B5: 1.53mg

(15.27%), Copper: 0.27mg (13.61%), Vitamin B12: 0.79µg (13.1%), Folate: 47.08µg (11.77%), Calcium: 80.35mg (8.03%),
Vitamin D: 0.45µg (3.02%)