



## Carnita Tacos

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 6-inch corn tortillas ()
- 6 cups carnitas meat warmed
- 12 servings toppings: queso fresco fresh diced sour red chopped finely

### Equipment



### Directions

- Heat tortillas according to package directions.

Place about 1/4 cup Carnitas in center of each tortilla; top with desired toppings and a squeeze of fresh lime juice.

Roll up tortillas; and serve immediately.

## Nutrition Facts

 **PROTEIN 37.74%**  **FAT 16.31%**  **CARBS 45.95%**

### Properties

Glycemic Index:4.21, Glycemic Load:10.06, Inflammation Score:-3, Nutrition Score:10.932173820941%

### Nutrients (% of daily need)

Calories: 201.85kcal (10.09%), Fat: 3.66g (5.63%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 19.95g (7.25%), Sugar: 0.48g (0.53%), Cholesterol: 48.69mg (16.23%), Sodium: 117.91mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Vitamin B3: 8.6mg (43.01%), Selenium: 27.36µg (39.09%), Vitamin B6: 0.68mg (33.82%), Phosphorus: 324.63mg (32.46%), Magnesium: 57.18mg (14.3%), Fiber: 3.28g (13.1%), Vitamin B5: 1.13mg (11.29%), Potassium: 375.51mg (10.73%), Manganese: 0.18mg (9.05%), Zinc: 1.14mg (7.61%), Vitamin B2: 0.11mg (6.5%), Vitamin B1: 0.1mg (6.49%), Calcium: 51.53mg (5.15%), Iron: 0.92mg (5.11%), Copper: 0.1mg (5.03%), Vitamin B12: 0.17µg (2.78%), Vitamin E: 0.29mg (1.95%), Folate: 5.67µg (1.42%), Vitamin C: 0.9mg (1.09%)