



WHATSheATE



HEALTH SCORE

51%

Carnitas Tacos with Spicy Slaw



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili lime seasoning
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 16 ounce coleslaw mix
- ☐ 0.3 cup enchilada sauce
- ☐ 2 tablespoons chipotle hot sauce
- ☐ 1 lime for garnish cut into wedges
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup onions chopped
- ☐ 1.5 pound pork tenderloin
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3 teaspoon mexican taco seasoning
- ☐ 8 6-inch corn tortillas white ()

Equipment

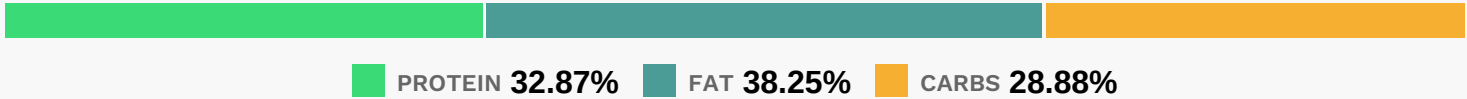
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ grill pan

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Remove pork roast from package. Season with 2 teaspoons Mexican taco seasoning.
- ☐ Place on a preheated oiled grill pan and sear all sides, about 2 minutes per side.
- ☐ While pork is searing in a 9 by 13-inch baking dish, combine enchilada sauce, onions, cilantro, and remaining Mexican taco seasoning.
- ☐ Add pork roast cover with foil, place in oven and roast for 25 minutes or until internal temperature reaches 155 to 160 degrees F on an instant-read thermometer.
- ☐ In a small bowl combined the sour cream, mayonnaise, chipotle sauce, chili lime seasoning, and lime juice.
- ☐ Mix well until blended.
- ☐ In a large bowl add the coleslaw and pour the sour cream mayonnaise mixture over top and toss well to coat. Cover and refrigerate for at least 1 hour or up to overnight.

- ☐ Place tortillas on a microwave–safe plate, cover with moist paper towel and heat in microwave on HIGH for 45 seconds.
- ☐ Slice pork and divide between heated tortillas, top with some of the sauce from the baking dish, the spicy slaw and garnish with lime wedge.

Nutrition Facts



Properties

Glycemic Index:62.63, Glycemic Load:12.46, Inflammation Score:-8, Nutrition Score:37.100869665975%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 490.51kcal (24.53%), Fat: 21.06g (32.41%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 28.32g (10.3%), Sugar: 6.77g (7.52%), Cholesterol: 124.92mg (41.64%), Sodium: 535.23mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.73g (81.47%), Vitamin B1: 1.81mg (120.7%), Vitamin K: 110.97µg (105.69%), Vitamin B6: 1.62mg (80.96%), Selenium: 56.11µg (80.15%), Vitamin C: 53.88mg (65.31%), Phosphorus: 631.32mg (63.13%), Vitamin B3: 12.48mg (62.38%), Vitamin B2: 0.7mg (41.45%), Potassium: 1052.89mg (30.08%), Fiber: 7.46g (29.86%), Zinc: 4.23mg (28.2%), Magnesium: 103.35mg (25.84%), Manganese: 0.42mg (20.82%), Vitamin B5: 1.88mg (18.84%), Iron: 3.34mg (18.53%), Vitamin A: 848.4IU (16.97%), Vitamin B12: 0.93µg (15.52%), Folate: 58.18µg (14.54%), Copper: 0.28mg (14.24%), Calcium: 125.39mg (12.54%), Vitamin E: 1.56mg (10.37%), Vitamin D: 0.54µg (3.59%)