



Chipotle Pork and Avocado Wrap

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup avocado peeled mashed
- ☐ 2 teaspoons chipotle chiles in adobo sauce canned chopped
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup iceberg lettuce shredded
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1.5 tablespoons mayonnaise low-fat
- ☐ 0.3 teaspoon oregano dried

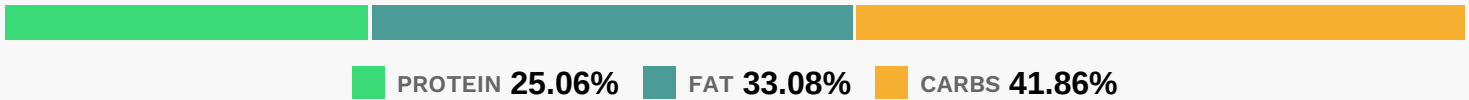
- ☐ 8 ounces cut simply roasted pork ()
- ☐ 0.3 cup bottled salsa
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Combine the first 7 ingredients, stirring well.
- ☐ Warm tortillas according to package directions.
- ☐ Spread about 2 tablespoons avocado mixture over each tortilla, leaving a 1-inch border. Arrange Simply Roasted Pork slices down center of tortillas. Top each tortilla with 1/4 cup shredded lettuce and 1 tablespoon salsa, and roll up.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:8.2, Inflammation Score:-5, Nutrition Score:14.33217387614%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 283.41kcal (14.17%), Fat: 10.39g (15.98%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 25.7g (9.35%), Sugar: 3.37g (3.75%), Cholesterol: 36.56mg (12.19%), Sodium: 701.91mg (30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.41%), Selenium: 27.47µg (39.24%), Vitamin B1: 0.54mg (35.67%), Vitamin B3: 6.06mg (30.28%), Vitamin B6: 0.54mg (27.25%), Phosphorus: 252.95mg (25.3%), Folate: 69.64µg (17.41%), Vitamin B2: 0.29mg (16.78%), Manganese: 0.33mg (16.74%), Fiber: 3.87g (15.48%), Vitamin

K: 16.24µg (15.47%), Iron: 2.6mg (14.45%), Potassium: 440.98mg (12.6%), Zinc: 1.48mg (9.9%), Calcium: 91.07mg (9.11%), Magnesium: 36.1mg (9.03%), Vitamin B5: 0.82mg (8.21%), Copper: 0.14mg (7%), Vitamin E: 0.84mg (5.58%), Vitamin B12: 0.29µg (4.82%), Vitamin A: 203.87IU (4.08%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.23µg (1.51%)