



Chipotle Pork Soft Tacos with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples minced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chipotle sauce canned chopped
- ☐ 1 tablespoon canola oil
- ☐ 12 cherry tomatoes quartered
- ☐ 1 tablespoon cider vinegar
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 12 6-inch corn tortillas warmed ()

- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon oregano dried
- ☐ 2 cups pineapple minced
- ☐ 1.5 pounds pork tenderloin thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 1 cup onion yellow thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare salsa, combine the first 7 ingredients in a medium bowl; stir until well blended. Cover and chill.
- ☐ To prepare tacos, heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion to pan; cook 2 minutes or until tender.
- ☐ Add garlic; cook 30 seconds.
- ☐ Add pork to pan; cook 4 minutes or until pork loses its pink color, stirring occasionally. Stir in broth and next 7 ingredients (through chipotles). Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 10 minutes or until liquid is nearly evaporated. Warm tortillas according to package directions.
- ☐ Serve pork mixture with tortillas and salsa.

Nutrition Facts



Properties

Glycemic Index:57.86, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:25.630869616633%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 342.22kcal (17.11%), Fat: 8.16g (12.56%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 34.45g (12.53%), Sugar: 11.25g (12.5%), Cholesterol: 73.71mg (24.57%), Sodium: 458.58mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin B1: 1.25mg (83.19%), Vitamin B6: 1.17mg (58.34%), Selenium: 38.62µg (55.18%), Phosphorus: 476.17mg (47.62%), Vitamin C: 38.91mg (47.16%), Vitamin B3: 8.96mg (44.79%), Manganese: 0.88mg (44.14%), Vitamin B2: 0.47mg (27.35%), Fiber: 6.32g (25.3%), Potassium: 801.14mg (22.89%), Magnesium: 87.32mg (21.83%), Zinc: 3.06mg (20.42%), Iron: 2.98mg (16.53%), Copper: 0.31mg (15.42%), Vitamin B5: 1.28mg (12.79%), Vitamin B12: 0.63µg (10.46%), Calcium: 84.92mg (8.49%), Vitamin E: 1.14mg (7.6%), Folate: 27.38µg (6.85%), Vitamin K: 6.46µg (6.15%), Vitamin A: 237.16IU (4.74%), Vitamin D: 0.34µg (2.27%)