



Chipotle Pork Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons chipotle chile in adobo chopped
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 pound pork tenderloins trimmed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 teaspoons lime rind finely grated
- ☐ 0.3 cup low fat sour cream sour reduced-fat

- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons oregano fresh minced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shallots thinly sliced

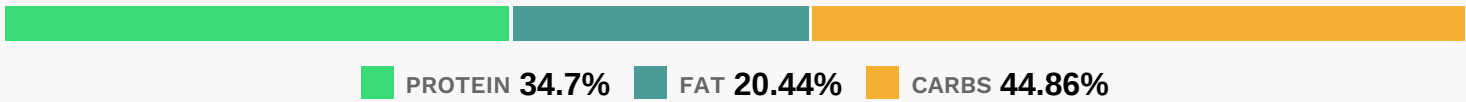
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place pork tenderloin between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Remove plastic wrap.
- ☐ Cut pork into thin strips.
- ☐ Combine pork, lime rind, and next 6 ingredients (through salt).
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add shallots to pan; saut for 4 minutes or until tender.
- ☐ Place shallots in a large bowl.
- ☐ Add oil to pan.
- ☐ Add pork; saut for 3 minutes or until no longer pink.
- ☐ Add pork to shallots.
- ☐ Warm tortillas according to the package directions. Spoon 1/3 cup pork mixture onto each tortilla, and top each tortilla with 1 1/2 teaspoons sour cream and cilantro. Fold in half.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:12.73, Inflammation Score:0, Nutrition Score:22.952173943105%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 329.78kcal (16.49%), Fat: 7.59g (11.67%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 31.53g (11.46%), Sugar: 6.42g (7.14%), Cholesterol: 78.74mg (26.25%), Sodium: 248.98mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.95%), Vitamin B1: 1.23mg (81.98%), Vitamin B6: 1.25mg (62.28%), Selenium: 39.67µg (56.68%), Phosphorus: 495.07mg (49.51%), Vitamin B3: 8.56mg (42.8%), Vitamin B2: 0.46mg (27.03%), Fiber: 5.93g (23.73%), Potassium: 806.36mg (23.04%), Manganese: 0.45mg (22.63%), Magnesium: 85.68mg (21.42%), Zinc: 3.19mg (21.29%), Iron: 2.97mg (16.49%), Copper: 0.25mg (12.62%), Vitamin B5: 1.22mg (12.19%), Calcium: 112.15mg (11.22%), Vitamin B12: 0.64µg (10.65%), Vitamin C: 7.01mg (8.49%), Vitamin K: 8.04µg (7.65%), Folate: 27.18µg (6.8%), Vitamin E: 0.94mg (6.3%), Vitamin D: 0.26µg (1.7%), Vitamin A: 70.17IU (1.4%)