



Cumin-Crusted Pork Soft Tacos

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 1 tablespoon chipotles in adobo canned chopped
- ☐ 2 cups corn kernels frozen thawed
- ☐ 30 6-inch corn tortillas ()
- ☐ 1 teaspoon cumin seeds crushed
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 1 cup grape tomatoes quartered
- ☐ 2 teaspoons ground cumin
- ☐ 2 pound pork tenderloins trimmed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 cups cream sour reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup onion diced red
- ☐ 0.5 teaspoon salt

Equipment

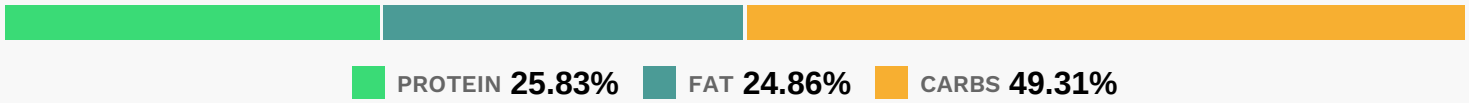
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer
- ☐ microwave

Directions

- ☐ Preheat oven to 425
- ☐ To prepare pork, combine first 5 ingredients. Rub cumin mixture over pork.
- ☐ Heat oil in a large cast-iron skillet over medium-high heat.
- ☐ Add pork; cook 4 minutes or until browned on all sides.
- ☐ Bake at 425 for 12 minutes or until a thermometer registers 155
- ☐ Remove pork from oven; let stand 5 minutes.
- ☐ Cut pork across grain into thin slices.
- ☐ To prepare salsa, combine corn and next 7 ingredients (through beans).
- ☐ Combine sour cream and chipotle in a blender; process until smooth.

☐ Wrap tortillas, 3 at a time, in a damp paper towel. Microwave at high 20 seconds. Spoon about 1 ounce pork onto each tortilla. Top each tortilla with about 2 tablespoons salsa and about 2 teaspoons sour cream mixture. Fold in half.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:10.36, Inflammation Score:-6, Nutrition Score:18.344782466474%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 318.62kcal (15.93%), Fat: 9.02g (13.87%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 31.52g (11.46%), Sugar: 2.18g (2.42%), Cholesterol: 50.04mg (16.68%), Sodium: 423.39mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Vitamin B1: 0.77mg (51.25%), Phosphorus: 417.78mg (41.78%), Fiber: 8.72g (34.88%), Selenium: 23.72µg (33.89%), Vitamin B6: 0.68mg (33.76%), Vitamin B3: 5.69mg (28.46%), Vitamin B2: 0.39mg (22.66%), Magnesium: 86.06mg (21.52%), Potassium: 701.22mg (20.03%), Manganese: 0.39mg (19.49%), Zinc: 2.47mg (16.48%), Iron: 2.82mg (15.66%), Folate: 59.79µg (14.95%), Copper: 0.29mg (14.43%), Calcium: 117.06mg (11.71%), Vitamin B5: 0.91mg (9.13%), Vitamin B12: 0.44µg (7.29%), Vitamin C: 5.64mg (6.84%), Vitamin A: 307.16IU (6.14%), Vitamin E: 0.85mg (5.68%), Vitamin K: 4.92µg (4.68%), Vitamin D: 0.18µg (1.22%)