



Curried Pork Salad Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 boston lettuce leaves
- ☐ 0.3 cup celery chopped
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup chop roasted peanuts unsalted shelled chopped
- ☐ 3 tablespoons yogurt plain fat-free
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 grain lower carb lavash flatbreads
- ☐ 1 pound pork tenderloins trimmed cut into bite-sized pieces
- ☐ 3 tablespoons mayonnaise

- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup raisins
- ☐ 1.5 inch tomatoes

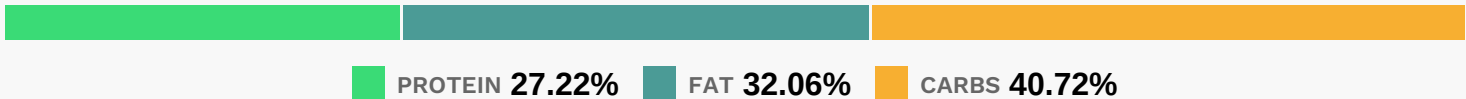
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add pork, curry, powder, and salt to pan; saut 4 minutes or until pork is done.
- ☐ Let pork mixture cool slightly.
- ☐ Combine pork mixture, celery, pistachios, raisins, yogurt, and canola mayonnaise in a medium bowl.
- ☐ Top each lavash with 2 lettuce leaves, 3 tomato slices, and about 3/4 cup pork mixture, leaving a 1/2-inch border around edges.
- ☐ Roll up wraps, and cut in half diagonally.

Nutrition Facts



Properties

Glycemic Index:45.95, Glycemic Load:3.9, Inflammation Score:-7, Nutrition Score:23.61478287759%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 510.23kcal (25.51%), Fat: 18.06g (27.79%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 51.61g (17.2%), Net Carbohydrates: 47.73g (17.36%), Sugar: 2.91g (3.23%), Cholesterol: 78.42mg (26.14%), Sodium: 775.76mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.99%), Vitamin B1: 1.19mg (79.04%), Selenium: 37.01µg (52.87%), Vitamin B6: 0.99mg (49.61%), Vitamin K: 51.96µg (49.49%), Vitamin B3: 9.22mg (46.08%), Phosphorus: 361.81mg (36.18%), Iron: 5.29mg (29.38%), Vitamin B2: 0.49mg (28.53%), Vitamin A: 1047.61IU (20.95%), Potassium: 732.59mg (20.93%), Zinc: 2.69mg (17.94%), Manganese: 0.34mg (17.15%), Fiber: 3.88g (15.52%), Magnesium: 60.23mg (15.06%), Vitamin B5: 1.27mg (12.7%), Vitamin B12: 0.68µg (11.37%), Vitamin E: 1.64mg (10.93%), Copper: 0.19mg (9.49%), Folate: 37.55µg (9.39%), Calcium: 62.44mg (6.24%), Vitamin C: 2.17mg (2.64%), Vitamin D: 0.25µg (1.65%)