



Grilled Chipotle Pork Tacos with Red Slaw



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chipotle chile powder
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lime fresh
- ☐ 12 ounce pork tenderloin cut into 1/2-inch-thick slices at an angle
- ☐ 2 cups cabbage shredded red
- ☐ 0.3 small onion red very thinly sliced

☐ 1 tablespoon vegetable oil

Equipment

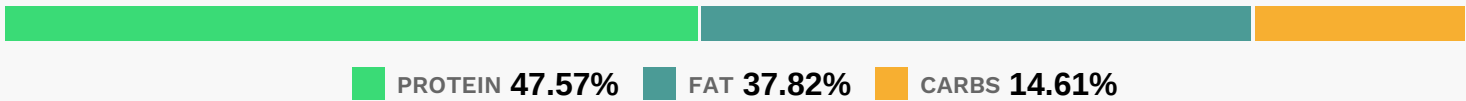
☐ bowl

☐ grill

Directions

- ☐ Combine the cilantro, lime juice, oil, chile powder, garlic and onions in a large dish.
- ☐ Add the pork slices and turn to coat. Preheat a grill on medium-high heat.
- ☐ Combine the cabbage, cilantro, oil, vinegar, chile powder, bell peppers, red onions and 1/4 teaspoon each salt and pepper in a large bowl. Toss to mix and set aside.
- ☐ Remove the pork from the marinade and discard the remaining marinade.
- ☐ Sprinkle the pork on both sides with 1/4 teaspoon each salt and pepper. Grill, turning once, until browned and still a little rosy inside, about 10 minutes.
- ☐ Transfer to a large plate.
- ☐ Grill the tortillas, turning once, until grill marks appear and the tortillas are softened, about 1 minute.
- ☐ Transfer to individual plates. Divide the pork and a little slaw among the tortillas. Top each tortilla with a teaspoon of sour cream and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:15.701304176579%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg,

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 156.37kcal (7.82%), Fat: 6.55g (10.08%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.19g (1.53%), Sugar: 2.59g (2.88%), Cholesterol: 55.28mg (18.43%), Sodium: 58.38mg (2.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Vitamin B1: 0.87mg (58.1%), Vitamin B6: 0.77mg (38.68%), Selenium: 26.3µg (37.57%), Vitamin C: 27.74mg (33.62%), Vitamin B3: 5.84mg (29.22%), Vitamin K: 26.59µg (25.32%), Phosphorus: 225.47mg (22.55%), Vitamin B2: 0.32mg (19.01%), Potassium: 469.35mg (13.41%), Zinc: 1.73mg (11.51%), Vitamin A: 568.5IU (11.37%), Manganese: 0.17mg (8.58%), Vitamin B5: 0.81mg (8.06%), Magnesium: 31.88mg (7.97%), Vitamin B12: 0.44µg (7.37%), Iron: 1.25mg (6.96%), Fiber: 1.5g (6.01%), Copper: 0.09mg (4.75%), Vitamin E: 0.55mg (3.67%), Calcium: 31.06mg (3.11%), Folate: 10.37µg (2.59%), Vitamin D: 0.26µg (1.7%)