



Grilled Orange Chipotle Pork Fajitas

READY IN



30 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp chipotle peppers in adobo sauce canned chopped
- 6 8-inch flour tortillas warmed ()
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 large onion quartered
- 0.3 cup orange marmalade
- 1.5 lb pork tenderloin
- 1 large and pepper green red quartered
- 1.5 cups cheddar cheese shredded kraft

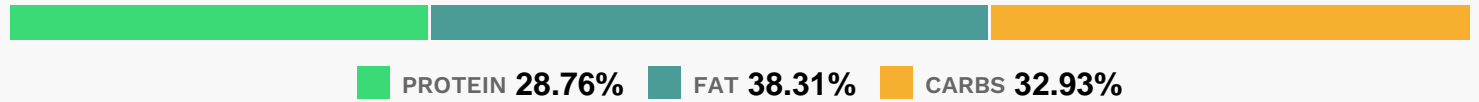
Equipment

grill

Directions

- Heat grill to medium heat.
- Mix dressing, marmalade and peppers.
- Grill meat and vegetables 15 min. or until meat is done (135F), turning occasionally and brushing generously with dressing mixture for the last 3 min.
- Remove meat and vegetables from grill; let meat stand 5 min. Meanwhile, cut peppers into strips and onions into thinner wedges.
- Cut meat into thin strips; toss with vegetables. Spoon onto tortillas; top with cheese.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:8.68, Inflammation Score:-6, Nutrition Score:24.649999805119%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 485.28kcal (24.26%), Fat: 20.47g (31.49%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 36.73g (13.36%), Sugar: 12.79g (14.21%), Cholesterol: 101.96mg (33.99%), Sodium: 757.27mg (32.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.13%), Vitamin B1: 1.39mg (92.88%), Selenium: 54.2µg (77.43%), Phosphorus: 520.01mg (52%), Vitamin B3: 9.82mg (49.1%), Vitamin B6: 0.96mg (47.92%), Vitamin B2: 0.66mg (38.88%), Calcium: 294.24mg (29.42%), Zinc: 3.49mg (23.24%), Iron: 3.24mg (17.99%), Potassium: 585.77mg (16.74%), Manganese: 0.33mg (16.54%), Folate: 59.85µg (14.96%), Vitamin B12: 0.89µg (14.82%), Magnesium: 53.17mg (13.29%), Vitamin B5: 1.18mg (11.85%), Vitamin K: 12.03µg (11.46%), Fiber: 2.85g (11.38%), Copper: 0.19mg (9.49%), Vitamin A: 299.96IU (6%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.54mg (3.08%)