



Grilled Pork & Papaya Tacos

 Dairy Free

READY IN



280 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 12 6-inch flour tortillas warmed ()
- 0.3 cup mint leaves fresh finely chopped
- 2 Tbsp ground cumin
- 0.5 cup grey poupon savory honey mustard
- 2 cups papayas divided peeled chopped
- 2 tsp cracked pepper black
- 1.3 lb pork ribs boneless country-style

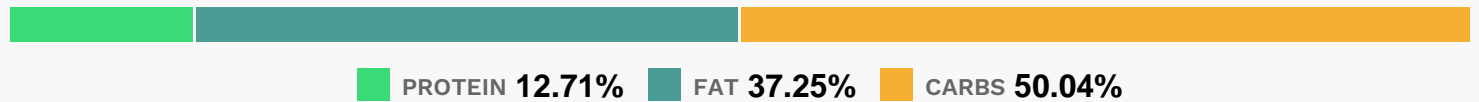
Equipment

- blender
- grill
- ziploc bags

Directions

- Place barbecue sauce, 1 cup of the papayas, the mustard and cumin in blender; blend until smooth.
- Pour over ribs in resealable plastic bag. Seal bag; turn to evenly coat ribs with barbecue sauce mixture. Refrigerate 4 hours to marinate, turning bag occasionally.
- Remove ribs from marinade; discard bag and marinade.
- Preheat grill to medium-high heat. Grill ribs 12 to 15 min. on each side or until cooked through. Shred meat with two forks.
- Mix remaining 1 cup papayas, the mint and pepper; spread evenly onto tortillas. Top with meat; roll up.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:11.97, Inflammation Score:-7, Nutrition Score:18.190869642341%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 520.87kcal (26.04%), Fat: 21.18g (32.58%), Saturated Fat: 6.84g (42.73%), Carbohydrates: 64.02g (21.34%), Net Carbohydrates: 60.17g (21.88%), Sugar: 25.9g (28.78%), Cholesterol: 52.92mg (17.64%), Sodium: 1097.71mg (47.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Selenium: 28.97µg (41.38%), Vitamin B1: 0.55mg (36.62%), Vitamin C: 29.46mg (35.7%), Vitamin B3: 6.32mg (31.59%), Manganese:

0.56mg (27.77%), Iron: 4.69mg (26.05%), Phosphorus: 243.47mg (24.35%), Vitamin B6: 0.48mg (24.08%), Vitamin B2: 0.39mg (22.78%), Folate: 77.07µg (19.27%), Fiber: 3.85g (15.4%), Calcium: 148.72mg (14.87%), Zinc: 2.21mg (14.77%), Potassium: 485.89mg (13.88%), Vitamin A: 658.8IU (13.18%), Magnesium: 49.74mg (12.44%), Copper: 0.2mg (10.15%), Vitamin D: 1.52µg (10.14%), Vitamin K: 7.59µg (7.23%), Vitamin B5: 0.69mg (6.95%), Vitamin E: 0.84mg (5.6%), Vitamin B12: 0.25µg (4.19%)