



Grilled Pork & Papaya Tacos

 Dairy Free

READY IN



280 min.

SERVINGS



40

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

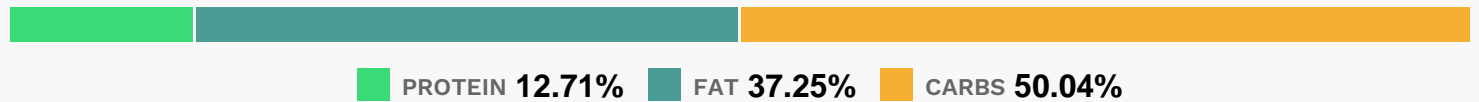
Equipment

- 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:3.24, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:2.7286956491678%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 78.13kcal (3.91%), Fat: 3.18g (4.89%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.03g (3.28%), Sugar: 3.88g (4.32%), Cholesterol: 7.94mg (2.65%), Sodium: 164.66mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Selenium: 4.35µg (6.21%), Vitamin B1: 0.08mg (5.49%), Vitamin C: 4.42mg (5.36%), Vitamin B3: 0.95mg (4.74%), Manganese: 0.08mg (4.17%), Iron: 0.7mg (3.91%), Phosphorus: 36.52mg (3.65%), Vitamin B6: 0.07mg (3.61%), Vitamin B2: 0.06mg (3.42%), Folate: 11.56µg (2.89%),

Fiber: 0.58g (2.31%), Calcium: 22.31mg (2.23%), Zinc: 0.33mg (2.21%), Potassium: 72.88mg (2.08%), Vitamin A: 98.82IU (1.98%), Magnesium: 7.46mg (1.87%), Vitamin D: 0.23µg (1.52%), Copper: 0.03mg (1.52%), Vitamin K: 1.14µg (1.08%), Vitamin B5: 0.1mg (1.04%)