

Grilled Pork Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cilantro leaves
- ☐ 12 6-inch flour tortilla ()
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 pork chops boneless 1-inch-thick ()

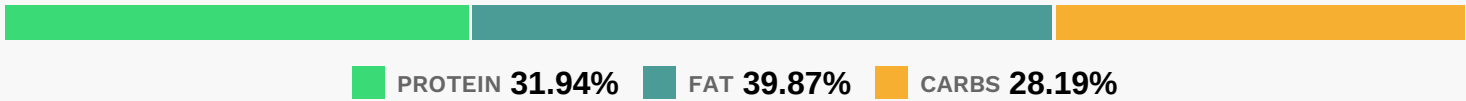
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Let pork stand at room temperature 30 to 40 minutes. Meanwhile, prepare Cilantro Slaw. Light 1 side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Brush pork with olive oil, and sprinkle with salt and pepper.
- ☐ Grill pork over lit side of grill, covered with grill lid, 4 minutes on each side; transfer pork to unlit side, and grill, covered with grill lid, 10 minutes on each side or until a meat thermometer inserted into thickest portion registers 14
- ☐ Let stand 5 minutes. Thinly slice pork.
- ☐ Place pork in warm tortillas; top with Cilantro Slaw.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:9.41, Inflammation Score:-4, Nutrition Score:21.893478327471%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 433.29kcal (21.66%), Fat: 18.77g (28.87%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 27.68g (10.07%), Sugar: 2.24g (2.49%), Cholesterol: 89.78mg (29.93%), Sodium: 893.69mg (38.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.65%), Selenium: 57.75µg (82.5%), Vitamin B1: 1.2mg (79.74%), Vitamin B3: 13.36mg (66.8%), Vitamin B6: 1.01mg (50.47%), Phosphorus: 426.93mg (42.69%), Vitamin B2: 0.42mg (24.57%), Potassium: 578.7mg (16.53%), Manganese: 0.33mg (16.43%), Iron: 2.9mg (16.12%), Zinc: 2.4mg (16%), Folate: 56.57µg (14.14%), Magnesium: 48.42mg (12.11%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.08mg (10.78%), Calcium: 98.4mg (9.84%), Fiber: 2.17g (8.69%), Vitamin K: 7.72µg (7.35%), Copper: 0.14mg (7.04%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.54µg (3.57%)