



Grilled Pork Tacos with Summer Corn and Nectarine Salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cabbage shredded
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 ear shucked corn
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno minced seeded

- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.5 cup nectarines diced ripe
- ☐ 1.5 tablespoons olive oil extra-virgin divided
- ☐ 16 ounce center-cut loin pork chops boneless
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.8 teaspoon salt divided

Equipment

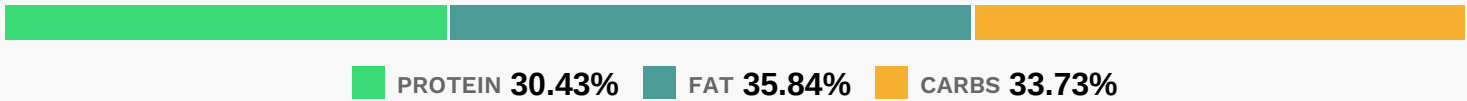
- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine 2 teaspoons lime juice, 1 tablespoon oil, and pork in a zip-top plastic bag; seal. Marinate 10 minutes at room temperature.
- ☐ Remove pork from bag; discard marinade.
- ☐ Sprinkle both sides of pork with 1/2 teaspoon salt, cumin, pepper, and garlic.
- ☐ Place pork on a grill rack coated with cooking spray; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes. Slice pork into thin strips.
- ☐ Lightly coat corn with cooking spray.
- ☐ Place corn on a grill rack coated with cooking spray; grill 6 minutes or until lightly charred, turning occasionally.
- ☐ Let corn stand 5 minutes; cut kernels from cob.
- ☐ Combine kernels, 2 teaspoons juice, remaining 1 1/2 teaspoons oil, remaining 1/4 teaspoon salt, bell pepper, and next 3 ingredients (through jalapeo) in a bowl; toss.
- ☐ Place tortillas on a grill rack coated with cooking spray, and grill for 1 minute on each side or until lightly browned. Toss cabbage with remaining 2 teaspoons lime juice.

Place 2 tortillas on each of 4 plates, and divide pork evenly among tortillas. Top each tacowith about 1 tablespoon cabbage mixture and about 2 tablespoons salsa.

Nutrition Facts



Properties

Glycemic Index:75.13, Glycemic Load:11.16, Inflammation Score:-6, Nutrition Score:21.853478473166%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 373.99kcal (18.7%), Fat: 15.08g (23.21%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 27.11g (9.86%), Sugar: 4.52g (5.02%), Cholesterol: 75.98mg (25.33%), Sodium: 524.02mg (22.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.63%), Selenium: 41.05µg (58.65%), Vitamin B1: 0.87mg (57.9%), Vitamin B3: 10.64mg (53.21%), Vitamin B6: 1.04mg (51.99%), Phosphorus: 455.8mg (45.58%), Vitamin C: 27.1mg (32.85%), Magnesium: 82.54mg (20.64%), Potassium: 680.25mg (19.44%), Fiber: 4.84g (19.34%), Zinc: 2.67mg (17.79%), Vitamin K: 18.27µg (17.4%), Vitamin B2: 0.28mg (16.54%), Manganese: 0.3mg (15.25%), Vitamin B5: 1.17mg (11.69%), Vitamin B12: 0.6µg (10.02%), Vitamin E: 1.5mg (10%), Iron: 1.74mg (9.67%), Copper: 0.19mg (9.28%), Vitamin A: 461.25IU (9.23%), Folate: 26.72µg (6.68%), Calcium: 64.63mg (6.46%), Vitamin D: 0.45µg (3.02%)