



Honey and Spice Sautéed Pork Hand Tacos

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 small corn tortillas warmed
- 0.5 teaspoon ground chipotle pepper smoked plain (or or paprika)
- 1 tablespoon honey
- 1 teaspoon juice of lemon
- 1 tablespoon olive oil
- 1 cup pico de gallo
- 1 pound pork chops boneless cut into strips (1/)
- 1 cup romaine lettuce shredded

- 4 servings cup heavy whipping cream light sour to taste
- 1 teaspoon soya sauce

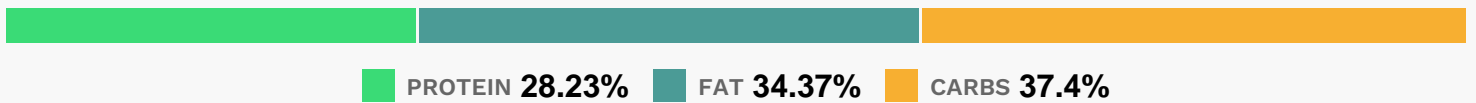
Equipment

- bowl
- frying pan
- whisk
- tongs

Directions

- In a medium sized bowl combine the honey, olive oil, lemon juice, soy sauce and ground chipotle pepper and whisk to combine.
- Add the sliced pork to the marinade and let it sit for 15 minutes.
- Heat a skillet over high heat.
- Add the slices of pork to the skillet and cook for 1-2 minutes on each side, flipping with tongs in the middle of the cooking process. Once cooked, remove the pork to a plate and reserve.
- Arrange 8 corn tortillas on a platter.
- Sprinkle each with equal amounts of shredded lettuce and pico de gallo. Arrange a few pieces of pork on top of each taco, and top with sour cream or crema if desired.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:12.32, Inflammation Score:-8, Nutrition Score:20.046086881472%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 398.89kcal (19.94%), Fat: 15.47g (23.8%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 34.24g (12.45%), Sugar: 10.35g (11.5%), Cholesterol: 84.38mg (28.13%), Sodium: 585.52mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.19%), Selenium: 41.6µg (59.43%), Vitamin B1: 0.83mg (55.01%), Vitamin B3: 9.99mg (49.94%), Vitamin B6: 0.96mg (48.04%), Phosphorus: 443.13mg (44.31%), Vitamin A: 1447.97IU (28.96%), Magnesium: 72.12mg (18.03%), Potassium: 611.7mg (17.48%), Zinc: 2.62mg (17.44%), Vitamin B2: 0.29mg (16.89%), Fiber: 3.64g (14.54%), Vitamin K: 14.53µg (13.84%), Vitamin B12: 0.7µg (11.7%), Manganese: 0.21mg (10.59%), Vitamin B5: 0.91mg (9.11%), Calcium: 89.33mg (8.93%), Iron: 1.46mg (8.11%), Copper: 0.16mg (7.98%), Vitamin E: 0.98mg (6.54%), Folate: 21.92µg (5.48%), Vitamin C: 4.43mg (5.37%), Vitamin D: 0.5µg (3.34%)