



Jalapeño-Pork Salad

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocado thinly sliced
- 5 cups cabbage shredded
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 juice of lime
- 2 jalapeño peppers thinly sliced
- 5 radishes thinly sliced

- 1 small onion red thin
- 3 cups fatty pork shredded cooked
- 1 large tomatoes seeded chopped
- 8 tostada shells (6 inch)

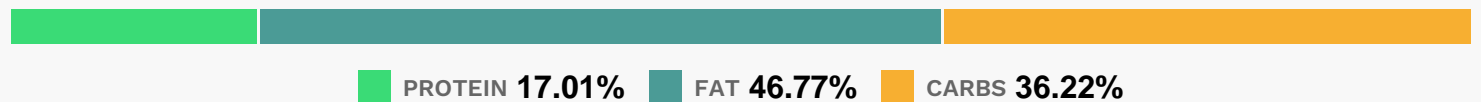
Equipment

- bowl

Directions

- Combine all ingredients except avocados and tostada shells in large bowl.
- Top with avocados.
- Serve with tostada shells.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:13.296086832233%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg, Pelargonidin: 1.58mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 391.61kcal (19.58%), Fat: 21.05g (32.38%), Saturated Fat: 6.8g (42.48%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 31.86g (11.58%), Sugar: 17.61g (19.56%), Cholesterol: 52.27mg (17.42%), Sodium: 840.28mg

(36.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin C: 49.84mg (60.42%), Vitamin K: 50.01µg (47.63%), Fiber: 4.82g (19.26%), Calcium: 188.45mg (18.84%), Vitamin B6: 0.3mg (15%), Phosphorus: 140.76mg (14.08%), Vitamin A: 693.34IU (13.87%), Folate: 52.44µg (13.11%), Manganese: 0.25mg (12.73%), Potassium: 393.31mg (11.24%), Vitamin B1: 0.14mg (9.41%), Magnesium: 36.91mg (9.23%), Iron: 1.65mg (9.19%), Vitamin B2: 0.15mg (8.63%), Vitamin E: 1.16mg (7.75%), Zinc: 1.08mg (7.21%), Selenium: 4.88µg (6.97%), Copper: 0.13mg (6.44%), Vitamin B5: 0.61mg (6.1%), Vitamin B3: 1.13mg (5.64%), Vitamin B12: 0.15µg (2.5%)