



Lime-Cilantro Pork Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 8 6-inch flour tortillas ()
- ☐ 1 small jalapeno seeded chopped
- ☐ 1 pound pork tenderloin trimmed cut into thin strips
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil

- ☐ 1.5 cups onion thinly sliced
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 0.3 teaspoon salt

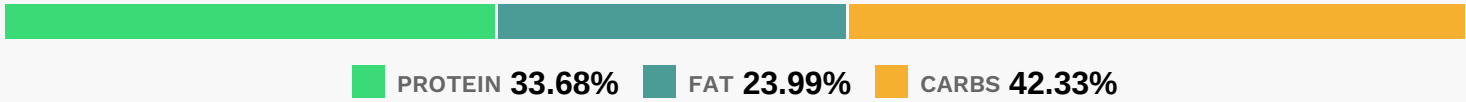
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle pork with salt and black pepper.
- ☐ Add oil to pan.
- ☐ Add pork, and saut 4 minutes or until browned.
- ☐ Remove pork from pan; place in a bowl.
- ☐ Add onion and jalapeo to pan; saut 5 minutes or until tender.
- ☐ Add broth; reduce heat, and simmer 1 minute, scraping pan to loosen browned bits. Stir in tomato; simmer 2 minutes.
- ☐ Return pork and accumulated juices to pan. Stir in cilantro and lime juice; cook 1 minute or until pork is done.
- ☐ Heat tortillas according to package directions. Spoon 1/2 cup pork mixture into each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:10.95, Inflammation Score:-7, Nutrition Score:24.594348150751%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg,

Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 358.93kcal (17.95%), Fat: 9.45g (14.53%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 33.87g (12.32%), Sugar: 5.9g (6.55%), Cholesterol: 73.71mg (24.57%), Sodium: 767.46mg (33.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.67%), Vitamin B1: 1.48mg (98.54%), Selenium: 49.26µg (70.37%), Vitamin B3: 10.7mg (53.49%), Vitamin B6: 1.03mg (51.75%), Phosphorus: 433.78mg (43.38%), Vitamin B2: 0.59mg (34.66%), Manganese: 0.44mg (22.12%), Potassium: 715.75mg (20.45%), Iron: 3.58mg (19.87%), Vitamin C: 15.54mg (18.83%), Folate: 74.6µg (18.65%), Zinc: 2.63mg (17.56%), Fiber: 3.63g (14.54%), Magnesium: 54.82mg (13.7%), Vitamin B5: 1.22mg (12.17%), Calcium: 113.48mg (11.35%), Copper: 0.22mg (10.82%), Vitamin B12: 0.64µg (10.58%), Vitamin K: 9.84µg (9.37%), Vitamin A: 310.55IU (6.21%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.23µg (1.51%)