



## Mexican Pork with Vegetable Rice

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp cilantro leaves fresh finely chopped
- 0.5 cup regular corn frozen
- 2 cups brown rice instant uncooked
- 2 tsp oil
- 1 cup pepper strips red
- 1 lb pork tenderloin cut into strips
- 1 env. taco bellâ® taco seasoning mix divided
- 0.5 cup water

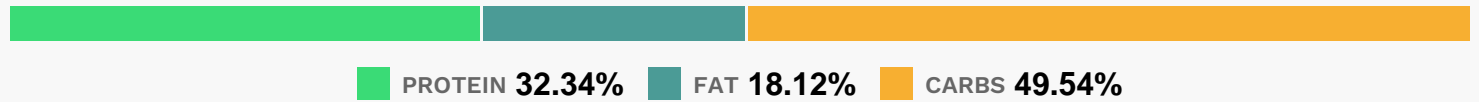
# Equipment

- frying pan

# Directions

- Cook rice as directed on package, adding corn and 1 Tbsp. of the taco seasoning mix to cooking water along with rice. Stir in cilantro.
- Meanwhile, cook meat in hot oil in large nonstick skillet on medium high heat 2 to 3 min. or until meat is browned.
- Add remaining taco seasoning mix, red peppers, zucchini, onions and water. Cook on medium-high heat 5 min. or until vegetables are crisp-tender, stirring occasionally.
- Serve meat mixture over rice mixture.

# Nutrition Facts



# Properties

Glycemic Index:2.13, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.6060869667841%

# Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 46.63kcal (2.33%), Fat: 0.92g (1.42%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.22g (0.24%), Cholesterol: 9.83mg (3.28%), Sodium: 11.66mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin B1: 0.21mg (13.81%), Selenium: 6.74µg (9.63%), Vitamin C: 6.57mg (7.97%), Vitamin B3: 1.5mg (7.48%), Vitamin B6: 0.14mg (7.1%), Folate: 19.16µg (4.79%), Phosphorus: 47.2mg (4.72%), Vitamin B2: 0.06mg (3.48%), Manganese: 0.07mg (3.43%), Vitamin A: 159.95IU (3.2%), Iron: 0.55mg (3.06%), Zinc: 0.4mg (2.65%), Potassium: 79.6mg (2.27%), Vitamin B5: 0.18mg (1.75%), Magnesium: 6.4mg (1.6%), Copper: 0.03mg (1.33%), Vitamin B12: 0.08µg (1.31%), Fiber: 0.3g (1.19%), Vitamin E: 0.17mg (1.11%)