



 **93%**
HEALTH SCORE

Mexican Sliced Spiced Pork Soft Tacos with Texas Oven Fries

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chipotle chili powder
- 2 tablespoons cilantro leaves finely chopped
- 1 tablespoon ground coriander
- 12 6-inch flour tortillas soft ()
- 2 cloves garlic grated chopped
- 1 tablespoon ground cumin
- 1 jalapeno seeded chopped

- 2 pork tenderloins trimmed
- 1 lime zest juiced
- 4 tablespoons olive oil extra-virgin divided
- 1 onion chopped
- 0.5 cup pumpkin seeds
- 0.3 cabbage shredded red
- 1 small onion red thinly sliced quartered
- 4 large russet potatoes dried scrubbed
- 4 servings salt and pepper
- 12 tomatillos peeled chopped

Equipment

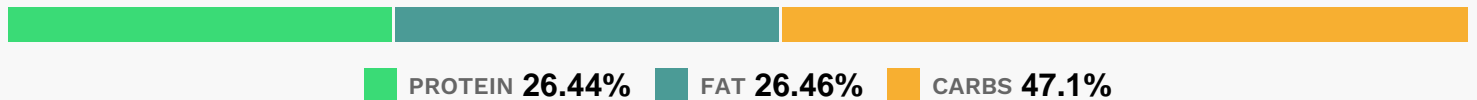
- food processor
- frying pan
- oven
- grill
- microwave
- grill pan

Directions

- Heat oven to 500 degrees F.
- Heat a grill pan to high.
- Cut potatoes into Texas fries, 10 per potato. Coat in extra-virgin olive oil, about 2 to 3 tablespoons, then season with chipotle powder, salt and pepper and roast 25 minutes, turning once.
- Toast pumpkin seeds in a small skillet 2 minutes then grind in food processor or spice mill or a coffee bean grinder.
- Mix the ground pumpkin seeds with cumin and coriander. Season the tenderloin with salt and pepper and rub with the spices. Rub the grill pan with extra-virgin olive oil and grill pork tenderloins 20 minutes.

- Heat a skillet over medium-high heat with a tablespoon extra-virgin olive oil, a turn of the pan.
- Add the chopped onion, garlic, jalapeno and cook a few minutes while you chop tomatillos.
- Add the tomatillos, season with salt and pepper and cook 7 to 8 minutes. Stir in lime zest and juice and cilantro and remove from heat.
- While salsa is cooking, toss the cabbage with sliced onion.
- Wrap the tortillas in damp clean towel and warm in microwave 2 minutes or put in the oven after you remove potatoes for 1 to 2 minutes.
- Thinly slice pork and serve 1/2 tenderloin per person. Wrap pork slices in soft tacos with salsa and some shredded cabbage and red onions.
- Serve with Texas chipotle fries.

Nutrition Facts



Properties

Glycemic Index:94.44, Glycemic Load:69.17, Inflammation Score:-10, Nutrition Score:60.619130393733%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg

Nutrients (% of daily need)

Calories: 1100.57kcal (55.03%), Fat: 32.73g (50.36%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 131.1g (43.7%), Net Carbohydrates: 117.24g (42.63%), Sugar: 14.71g (16.34%), Cholesterol: 163.8mg (54.6%), Sodium: 1062.57mg (46.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.61g (147.22%), Vitamin B1: 3.42mg (227.99%), Vitamin B6: 3.62mg (180.88%), Selenium: 101.8µg (145.42%), Vitamin B3: 27.6mg (138.01%), Phosphorus: 1200.74mg (120.07%), Manganese: 1.9mg (94.76%), Potassium: 3301.86mg (94.34%), Vitamin C: 76.78mg (93.07%), Vitamin B2: 1.37mg (80.47%), Iron: 12.34mg (68.58%), Magnesium: 264.82mg (66.2%), Fiber: 13.86g (55.45%), Vitamin K: 56.59µg (53.89%), Zinc: 7.57mg (50.46%), Copper: 0.97mg (48.48%), Folate: 171.15µg (42.79%), Vitamin B5: 3.82mg (38.24%), Vitamin E: 4.22mg (28.14%), Vitamin A: 1386.09IU (27.72%), Calcium: 268.73mg (26.87%), Vitamin B12:

1.29µg (21.42%), Vitamin D: 0.5µg (3.36%)