

DINNER

Mindy's Pork Tacos

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
95 min	15 min	80 min	12	\$1.67	322 kcal



Need a gluten free main course? Mindy's Pork Tacos could be an awesome recipe to try. This recipe makes 12 servings with 379 calories, 34g of protein, and 16g of fat each. For \$1.67 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 3 pound boneless pork roast | ☐ 12 6-inch (6 inch) corn tortillas |
| ☐ 1 tablespoon garlic salt | ☐ ¼ teaspoon ground black pepper |
| ☐ 1 medium onion, chopped | ☐ ½ teaspoon salt |
| ☐ 2½ cups shredded Cheddar cheese | ☐ ½ cup vegetable oil |

EQUIPMENT Bowl, Frying pan, Pot

Method

- 1 Cut the pork roast into thirds, and place in a pot with enough water to cover. Bring to a boil. Reduce heat to low, cover, and simmer 1 hour, or until pork reaches an internal temperature of 145 degrees F (63 degrees C).
- 2 Drain, cool, and shred.
- 3 Place the shredded pork in a bowl, and season with garlic salt, salt, and pepper.
- 4 Mix in the Cheddar cheese and onion.
- 5 Heat the oil in a skillet over medium heat.
- 6 Place equal amounts of the pork mixture in the center of each corn tortilla, and fold in half to form tacos. One or two at a time, cook the tacos in the hot oil until golden brown.

Nutrition per serving

322

KCAL

32 g

PROTEIN

15 g

FAT

13 g

CARBS

Saturated Fat

6.3 g · 40% of daily needs

Fibre

1.8 g · 7% of daily needs

Sugar

0.7 g · 1% of daily needs

Sodium

900 mg · 39% of daily needs

Cholesterol

95 mg · 32% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/mindys-pork-tacos-148295