



## Oven-Lime Pork Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 6-inch flour tortillas ()
- 1 bell pepper green cut into strips
- 0.5 tsp ground cumin
- 1 peel and juice from lime divided grated
- 1 Tbsp oil
- 1 onion sliced
- 1 lb pork chops boneless
- 1 bell pepper red cut into strips

- 1 env. shake 'n bake extra seasoned coating mix crispy
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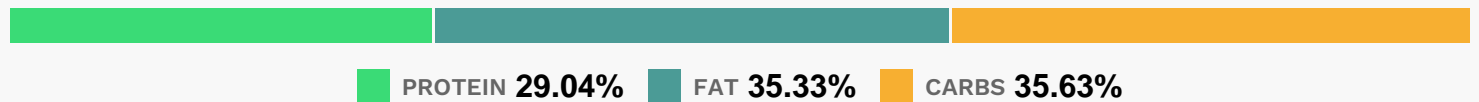
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 425F.
- Mix onions, peppers, oil, lime juice and cumin in 13x9-inch baking pan.
- Mix coating mix and lime zest; use to coat chops as directed on package. Discard any remaining coating mixture.
- Place chops over vegetable mixture in baking pan.
- Bake 25 min. or until chops are done (160F).
- Remove chops from pan; cut into strips. Spoon meat and vegetable mixture evenly over tortillas: roll up.

## Nutrition Facts



## Properties

Glycemic Index:4.67, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:3.5878260666909%

## Flavonoids

Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 56.13kcal (2.81%), Fat: 2.19g (3.37%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.75g (0.84%), Cholesterol: 10.13mg (3.38%), Sodium: 66.66mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin C: 9.19mg (11.14%), Vitamin B1: 0.15mg (9.87%), Selenium: 6.82µg (9.75%), Vitamin B3: 1.63mg (8.15%), Vitamin B6: 0.14mg (7.02%), Phosphorus: 54.11mg (5.41%), Vitamin B2: 0.06mg (3.33%), Vitamin A: 141.09IU (2.82%), Manganese: 0.06mg (2.79%), Folate: 10.62µg (2.66%), Potassium: 89.94mg (2.57%), Iron: 0.44mg (2.44%), Fiber: 0.56g (2.24%), Zinc: 0.3mg (2.01%), Magnesium: 7.19mg (1.8%), Calcium: 15.3mg (1.53%), Vitamin B5: 0.15mg (1.49%), Vitamin K: 1.43µg (1.36%), Vitamin B12: 0.08µg (1.34%), Vitamin E: 0.19mg (1.24%), Copper: 0.02mg (1.16%)