



Picadillo Pork Burritos

READY IN



38 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 8-inch flour tortilla fat-free ()
- 2 tablespoons cilantro leaves fresh chopped
- 3 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 pound pork tenderloins trimmed cut into 1/2-inch pieces
- 1 small onion chopped
- 0.7 cup picante sauce
- 0.3 cup raisins

- 0.3 teaspoon salt
- 0.3 cup cheddar cheese light shredded (such as Sargento)
- 3 tablespoons slivered almonds toasted
- 1 teaspoon vegetable oil

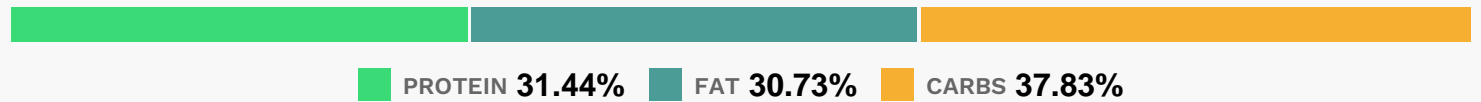
Equipment

- bowl
- frying pan

Directions

- Place pork in a large bowl.
- Sprinkle with cumin, salt, and cinnamon; toss well.
- Heat oil in a large skillet over medium heat.
- Add onion and garlic; cook 3 minutes; stir occasionally.
- Add pork mixture; cook 2 minutes, stirring often.
- Add salsa and raisins; simmer over low heat 5 minutes or until pork loses its pink color and sauce is thick.
- Remove from heat; stir in almonds, cheese, and cilantro.
- Heat tortillas according to package directions. Spoon 3/4 cup pork mixture onto each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:50.45, Glycemic Load:12.43, Inflammation Score:-6, Nutrition Score:26.556086783824%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 418.42kcal (20.92%), Fat: 14.34g (22.06%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 35.13g (12.77%), Sugar: 4.76g (5.29%), Cholesterol: 82.58mg (27.53%), Sodium: 926.36mg (40.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.02%), Vitamin B1: 1.45mg (96.46%), Selenium: 48.89µg (69.84%), Vitamin B3: 10.77mg (53.82%), Vitamin B6: 1.07mg (53.6%), Phosphorus: 493.96mg (49.4%), Vitamin B2: 0.69mg (40.38%), Manganese: 0.62mg (30.77%), Potassium: 810.81mg (23.17%), Iron: 4.13mg (22.97%), Zinc: 3.11mg (20.77%), Magnesium: 77.91mg (19.48%), Calcium: 190.71mg (19.07%), Vitamin E: 2.84mg (18.96%), Fiber: 4.59g (18.35%), Copper: 0.31mg (15.45%), Folate: 58.03µg (14.51%), Vitamin B5: 1.23mg (12.3%), Vitamin B12: 0.69µg (11.55%), Vitamin K: 8.59µg (8.18%), Vitamin A: 290.35IU (5.81%), Vitamin C: 3.41mg (4.13%), Vitamin D: 0.27µg (1.82%)