



Pork-and-Black Bean Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans rinsed drained
- ☐ 1 cup brussels sprouts leftover cooked
- ☐ 1 teaspoon chipotles in adobo finely chopped
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon garlic minced
- ☐ 2 lime cut into wedges
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.5 teaspoon olive oil

- ☐ 1.5 cups pork tenderloin leftover
- ☐ 0.3 cup onion red sliced
- ☐ 1 cup sweet potatoes and into leftover mashed
- ☐ 8 taco shells

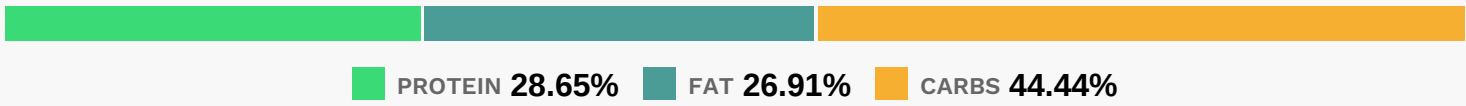
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Wrap pork in foil, and heat for 15 minutes.
- ☐ Meanwhile, cook next 4 ingredients (through garlic) in a skillet, stirring, for 7 minutes or until hot.
- ☐ Add vinegar.
- ☐ Blend sweet potatoes with chipotle chiles in a separate bowl.
- ☐ Slice pork thinly. Fill taco shells with mashed sweet potatoes, sprout mixture, pork, and red onion.
- ☐ Serve with sour cream and lime wedges.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:15.99, Inflammation Score:-10, Nutrition Score:28.593043648678%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 356.28kcal (17.81%), Fat: 10.78g (16.59%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 31.63g (11.5%), Sugar: 3.36g (3.74%), Cholesterol: 62.7mg (20.9%), Sodium: 161.45mg (7.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin A: 4955.72IU (99.11%), Vitamin B1: 1.11mg (73.76%), Vitamin B6: 0.91mg (45.67%), Selenium: 29.84µg (42.63%), Vitamin K: 42.23µg (40.22%), Phosphorus: 383.1mg (38.31%), Vitamin C: 30.35mg (36.79%), Vitamin B3: 6.97mg (34.87%), Fiber: 8.43g (33.73%), Manganese: 0.54mg (26.88%), Folate: 103.89µg (25.97%), Vitamin B2: 0.41mg (24.18%), Potassium: 839.39mg (23.98%), Magnesium: 92.17mg (23.04%), Zinc: 2.86mg (19.03%), Iron: 2.95mg (16.41%), Copper: 0.29mg (14.6%), Vitamin B5: 1.27mg (12.7%), Calcium: 95.4mg (9.54%), Vitamin B12: 0.52µg (8.7%), Vitamin E: 0.83mg (5.55%), Vitamin D: 0.29µg (1.97%)