



Pork and Pineapple Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon chipotle sauce (such as McCormick)
- ☐ 6 6-inch flour tortilla ()
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 1 pound pork tenderloins trimmed coarsely chopped
- ☐ 0.8 cup onion chopped
- ☐ 15.3 ounce dole pineapple tidbits undrained canned
- ☐ 0.8 cup salsa verde (such as Herdez)

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil

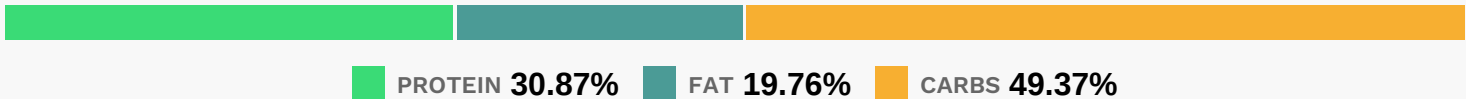
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine onion and cilantro.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine chipotle powder, chili powder, salt, and pork in a medium bowl.
- ☐ Add pork mixture to pan; saut 4 minutes or until browned.
- ☐ Remove from pan.
- ☐ Add pineapple to pan; bring to a boil. Cook 5 minutes or until slightly thickened. Stir in pork mixture; cook 1 minute or until pork is done.
- ☐ Warm tortillas according to package directions. Spoon about 2/3 cup pork mixture down center of each tortilla. Top each serving with 2 tablespoons onion mixture and 2 tablespoons salsa; roll up.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:5.1, Inflammation Score:-6, Nutrition Score:15.87869558127%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 249.29kcal (12.46%), Fat: 5.42g (8.33%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 27.74g (10.09%), Sugar: 14.38g (15.98%), Cholesterol: 49.14mg (16.38%), Sodium: 666.08mg

(28.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.08%), Vitamin B1: 0.99mg (65.99%), Selenium: 30.44µg (43.49%), Vitamin B6: 0.69mg (34.61%), Vitamin B3: 6.66mg (33.3%), Phosphorus: 261.01mg (26.1%), Vitamin B2: 0.37mg (21.7%), Potassium: 528.52mg (15.1%), Iron: 2.16mg (11.98%), Vitamin C: 9.69mg (11.74%), Zinc: 1.72mg (11.44%), Fiber: 2.71g (10.86%), Magnesium: 40.67mg (10.17%), Manganese: 0.2mg (9.86%), Copper: 0.19mg (9.53%), Folate: 36.52µg (9.13%), Vitamin K: 8.61µg (8.2%), Vitamin A: 401.8IU (8.04%), Vitamin B5: 0.72mg (7.24%), Calcium: 65.82mg (6.58%), Vitamin B12: 0.39µg (6.43%), Vitamin E: 0.41mg (2.71%), Vitamin D: 0.15µg (1.01%)