



## Pork Burritos

READY IN



20 min.

SERVINGS



20

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 fully avocados ripe
- 2 oz philadelphia cream cheese softened ()
- 6 6-inch flour tortillas warmed ()
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 cup mild cheddar cheese shredded kraft
- 1 tsp jalapeño peppers chopped
- 0.5 cup salsa
- 2 cups fatty pork shredded warmed cooked

0.3 cup tomatoes chopped

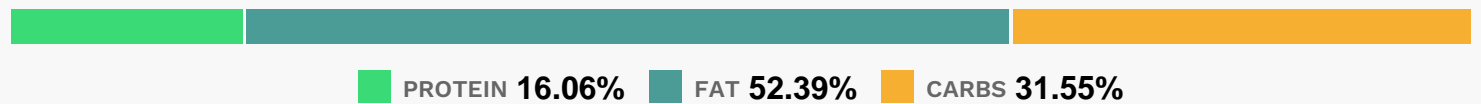
## Equipment

bowl

## Directions

- Mash avocados with next 4 ingredients in medium bowl. Stir in cilantro.
- Spread 2 Tbsp. avocado mixture onto each tortilla; top with 1/3 cup meat and 1 Tbsp. cheese.
- Roll up, tucking in both sides of each tortilla as you roll it up.
- Top with any remaining avocado mixture and cheese.
- Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:11.9, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:4.077391297273%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 8.31g (12.79%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 9.45g (3.44%), Sugar: 4.34g (4.83%), Cholesterol: 18.69mg (6.23%), Sodium: 297.36mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Fiber: 1.81g (7.26%), Calcium: 72.51mg (7.25%), Folate: 26.88µg (6.72%), Phosphorus: 60.8mg (6.08%), Vitamin K: 6.13µg (5.83%), Selenium: 4.01µg (5.73%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 220.66IU (4.41%), Manganese: 0.09mg (4.35%), Vitamin B1: 0.06mg (4.3%), Vitamin B3: 0.84mg (4.21%), Potassium: 140.09mg (4%), Iron: 0.7mg (3.9%), Vitamin B6: 0.08mg (3.9%), Vitamin E: 0.58mg (3.85%), Vitamin C: 3.11mg (3.77%), Vitamin B5: 0.35mg (3.51%), Copper: 0.06mg (2.82%), Zinc: 0.42mg (2.78%), Magnesium: 10.88mg (2.72%), Vitamin B12: 0.07µg (1.1%)