



Pork Burritos with Pico De Gallo

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



2221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 0.5 cup cornstarch
- ☐ 8 servings toppings: cream shredded sour sliced chopped
- ☐ 16 6-inch flour tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 8 servings pico de gallo
- ☐ 5 to 6 pork loin chops boneless ()

- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

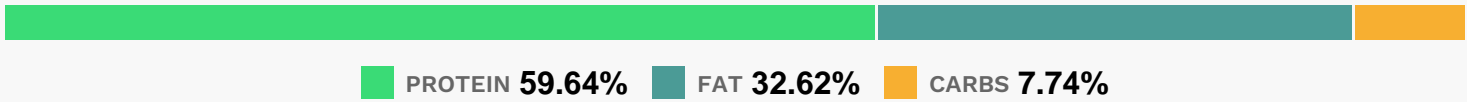
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Cut pork into 1/4-inch-thick slices.
- ☐ Combine cornstarch, next 3 ingredients, and, if desired, red pepper in a large zip-top plastic bag.
- ☐ Add pork in batches; seal and toss to coat.
- ☐ Brown one-third of pork in one-third of oil in a large nonstick skillet over medium heat, stirring occasionally.
- ☐ Drain on paper towels, and repeat procedure twice.
- ☐ Combine cooked pork and chiles in skillet, and cook until thoroughly heated.
- ☐ Heat tortillas according to package directions. Spoon pork mixture evenly down the center of each tortilla; top with desired toppings, and roll up, jellyroll fashion.
- ☐ Serve with Pico de Gallo.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:9.58, Inflammation Score:-9, Nutrition Score:59.556521581567%

Nutrients (% of daily need)

Calories: 2221.48kcal (111.07%), Fat: 77.61g (119.4%), Saturated Fat: 25.68g (160.52%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 38.91g (14.15%), Sugar: 4.21g (4.67%), Cholesterol: 894.28mg (298.09%), Sodium: 1805.88mg (78.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 319.27g (638.53%), Selenium: 402.17µg (574.53%),

Vitamin B6: 10.43mg (521.72%), Vitamin B1: 6.39mg (426.08%), Vitamin B3: 81.59mg (407.97%), Phosphorus: 3351.96mg (335.2%), Zinc: 26.15mg (174.31%), Vitamin B2: 2.87mg (168.98%), Potassium: 5253.36mg (150.1%), Vitamin B12: 7.31µg (121.91%), Vitamin B5: 10.46mg (104.58%), Magnesium: 380mg (95%), Iron: 10.07mg (55.92%), Copper: 0.88mg (43.8%), Vitamin D: 5.67µg (37.78%), Calcium: 377.26mg (37.73%), Manganese: 0.42mg (21.23%), Folate: 71.36µg (17.84%), Vitamin E: 2.58mg (17.17%), Vitamin K: 17.79µg (16.94%), Fiber: 2.5g (10%), Vitamin A: 418.45IU (8.37%), Vitamin C: 6.61mg (8.02%)