



## Pork Fajita Summer Skillet

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 and bell pepper green red yellow cut into strips
- 1 cup colby & monterey jack cheeses shredded kraft
- 2 cups rice long-grain white hot cooked
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup a.1. original sauce
- 2 juice of lime divided
- 1 large onion cut into 1/2-inch-thick slices
- 1 lb pork chops boneless cut into thin strips

- 0.5 serrano chile seeded cut into thin strips
- 8 6-inch tortillas ()

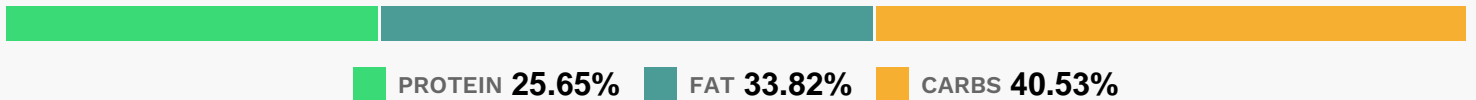
## Equipment

- bowl
- frying pan

## Directions

- Toss meat with A.
- and half the lime juice. Refrigerate 30 min. to marinate.
- Cook bell peppers, onions and chiles in nonstick skillet on medium-high heat 6 to 8 min. or until crisp-tender. Spoon into medium bowl.
- Add cilantro and remaining lime juice; mix lightly. Cover to keep warm.
- Add meat to same skillet; cook 4 to 5 min. or until done. Meanwhile, heat tortillas.
- Spoon meat mixture onto tortillas; top with vegetables, rice and cheese.

## Nutrition Facts



## Properties

Glycemic Index:202, Glycemic Load:136.22, Inflammation Score:-10, Nutrition Score:71.430434724559%

## Flavonoids

Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 36.71mg, Quercetin: 36.71mg, Quercetin: 36.71mg, Quercetin: 36.71mg

## Nutrients (% of daily need)

Calories: 2550.44kcal (127.52%), Fat: 94.47g (145.34%), Saturated Fat: 45.14g (282.1%), Carbohydrates: 254.79g (84.93%), Net Carbohydrates: 240.93g (87.61%), Sugar: 30.97g (34.41%), Cholesterol: 429.31mg (143.1%), Sodium:

3507.89mg (152.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 161.19g (322.38%), Selenium: 247.75µg (353.93%), Vitamin C: 250.97mg (304.21%), Vitamin B1: 4.44mg (296%), Vitamin B3: 49.68mg (248.41%), Phosphorus: 2344.14mg (234.41%), Vitamin B6: 4.26mg (213.13%), Manganese: 3.11mg (155.4%), Calcium: 1379.63mg (137.96%), Vitamin B2: 2.15mg (126.27%), Zinc: 14.46mg (96.38%), Folate: 329.93µg (82.48%), Potassium: 2862.45mg (81.78%), Iron: 13.7mg (76.11%), Magnesium: 279.79mg (69.95%), Vitamin B12: 3.5µg (58.33%), Vitamin B5: 5.71mg (57.11%), Fiber: 13.86g (55.44%), Copper: 1mg (50.05%), Vitamin K: 46.96µg (44.72%), Vitamin A: 2169.17IU (43.38%), Vitamin D: 2.61µg (17.38%), Vitamin E: 1.47mg (9.79%)