Pork Fajita Wraps

Dairy Free

READY IN	SERVINGS	CALORIES
36 min.	4	273 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.3 cup juice of lime
- [ ] 1.5 teaspoons ground cumin
- [ ] 0.8 teaspoon salt
- [ ] 4 garlic clove finely chopped
- [ ] 0.5 pound pork tenderloin cut into 2x1/2-inch strips
- [ ] 1 large onion thinly sliced
- [ ] 3 medium bell pepper thinly sliced
- [ ] 4 8-inch flour tortilla (es in diameter)

Equipment

- [ ] frying pan

Directions

- [ ] Mix lime juice, cumin, salt and garlic in shallow glass or plastic dish. Stir in pork. Cover and refrigerate, stirring occasionally, at least 15 minutes but no longer than 24 hours.
- [ ] Remove pork from marinade; reserve marinade. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 3 minutes, stirring once. Stir in onion, bell peppers and marinade. Cook 5 to 8 minutes, stirring occasionally, until onion and peppers are crisp-tender.
- [ ] Place one-fourth of the pork mixture on center of each tortilla. Fold one end of tortilla up about 1 inch over pork mixture; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutrition Facts

PROTEIN **25.45%** FAT **21.42%** CARBS **53.13%**

Properties

Glycemic Index:32, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:24.553913049076%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 273.37kcal (13.67%), Fat: 6.57g (10.11%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 32.18g (11.7%), Sugar: 7.53g (8.37%), Cholesterol: 36.85mg (12.28%), Sodium: 848.01mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.15%), Vitamin C: 122.55mg (148.54%), Vitamin B1: 0.89mg (59.55%), Vitamin A: 2813.66IU (56.27%), Selenium: 29.31µg (41.87%), Vitamin B6: 0.81mg (40.74%), Vitamin B3: 7mg (34.98%), Phosphorus: 287.37mg (28.74%), Vitamin B2: 0.43mg (25.23%), Folate: 97.8µg (24.45%), Manganese: 0.49mg (24.36%), Iron: 3.43mg (19.05%), Fiber: 4.5g (18%), Potassium: 572.87mg (16.37%),

Magnesium: 45.71mg (11.43%), Zinc: 1.7mg (11.34%), Calcium: 107.53mg (10.75%), Vitamin E: 1.6mg (10.69%), Vitamin B5: 0.92mg (9.24%), Vitamin K: 8.38µg (7.98%), Copper: 0.15mg (7.66%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.17µg (1.13%)