



Pork Ole

 Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound pork loin boneless cut into 1/2-inch cubes
- 1 serving flour tortilla
- 1 tablespoon olive oil
- 1 tablespoon peach preserves
- 0.3 cup salsa
- 1 tablespoon taco seasoning

Equipment

- sauce pan

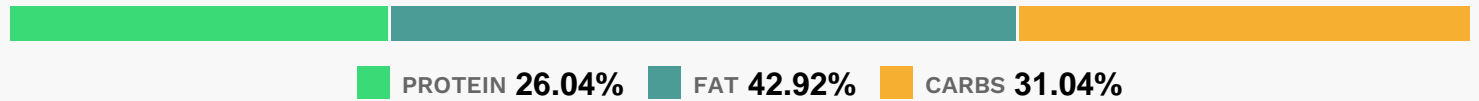
ziploc bags

Directions

In a resealable plastic bag, combine pork and taco seasoning; toss to coat. In a saucepan, brown pork in oil over medium heat. Stir in salsa and peach preserves. Bring to a boil. Reduce heat; cover and simmer for 10–15 minutes or until pork is tender.

Serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:12.14, Inflammation Score:-6, Nutrition Score:18.445217547209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 444.4kcal (22.22%), Fat: 21.14g (32.52%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 31.48g (11.45%), Sugar: 13.76g (15.29%), Cholesterol: 71.44mg (23.81%), Sodium: 911.15mg (39.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Selenium: 39.09µg (55.84%), Vitamin B6: 0.99mg (49.61%), Vitamin B1: 0.68mg (45.28%), Vitamin B3: 8.58mg (42.88%), Phosphorus: 341.55mg (34.15%), Vitamin E: 2.98mg (19.87%), Vitamin B2: 0.33mg (19.57%), Potassium: 644.85mg (18.42%), Zinc: 2.34mg (15.61%), Iron: 2.32mg (12.89%), Vitamin K: 13.32µg (12.68%), Manganese: 0.24mg (11.88%), Magnesium: 46.63mg (11.66%), Fiber: 2.91g (11.64%), Vitamin A: 546.53IU (10.93%), Vitamin B5: 1.03mg (10.29%), Vitamin B12: 0.58µg (9.64%), Folate: 33µg (8.25%), Copper: 0.16mg (7.96%), Calcium: 71.81mg (7.18%), Vitamin C: 4.12mg (4.99%), Vitamin D: 0.45µg (3.02%)