



## Pork Picadillo

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 beef bouillon cubes crushed
- 8 corn tortillas warmed
- 0.5 cup knudsen cream sour
- 2 Tbsp parsley fresh chopped
- 2 lb ground pork
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 large onion chopped
- 0.5 cup raisins

- 1 cup planters slivered almonds
- 2 cups tomato sauce

## Equipment

- frying pan

## Directions

- Brown meat in large skillet on medium heat; drain.
- Add onions; cook until tender.
- Stir in tomato sauce, almonds, raisins, dressing and bouillon; bring to boil. Reduce heat to low; simmer 10 min., stirring occasionally. Stir in parsley.
- Serve hot with warm tortillas; top with sour cream.

## Nutrition Facts

**PROTEIN 18.7%** **FAT 60.26%** **CARBS 21.04%**

## Properties

Glycemic Index:27.91, Glycemic Load:10.42, Inflammation Score:-6, Nutrition Score:21.829999944438%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

## Nutrients (% of daily need)

Calories: 530.24kcal (26.51%), Fat: 36.14g (55.61%), Saturated Fat: 11.29g (70.59%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 23.19g (8.43%), Sugar: 5.23g (5.81%), Cholesterol: 90.17mg (30.06%), Sodium: 686.86mg (29.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.47%), Vitamin B1: 0.92mg (61.52%), Selenium: 31.51µg (45.01%), Phosphorus: 388.62mg (38.86%), Vitamin B3: 6.6mg (32.98%), Vitamin B6: 0.62mg

(31.14%), Vitamin B2: 0.53mg (30.95%), Vitamin E: 4.64mg (30.91%), Manganese: 0.53mg (26.39%), Zinc: 3.5mg (23.36%), Magnesium: 93.28mg (23.32%), Potassium: 790.25mg (22.58%), Fiber: 5.21g (20.84%), Vitamin K: 21.7µg (20.66%), Copper: 0.34mg (17.03%), Iron: 2.79mg (15.51%), Vitamin B12: 0.83µg (13.9%), Vitamin B5: 1.12mg (11.21%), Calcium: 106.06mg (10.61%), Vitamin C: 8.38mg (10.16%), Vitamin A: 446.42IU (8.93%), Folate: 24.88µg (6.22%)