



Pork Steak Burritos

READY IN



25 min.

SERVINGS



10

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 8-inch flour tortilla ()
- 3 spring onion sliced
- 5 pork steaks cut into strips
- 12 ounce salsa
- 8 ounce cream sour
- 1 tablespoon vegetable oil

Equipment

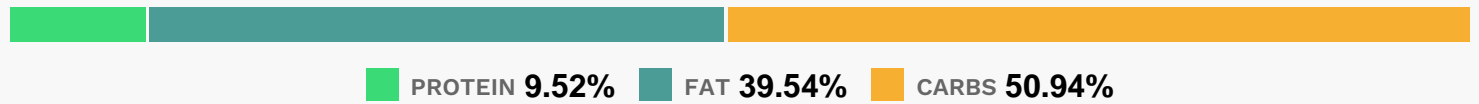
- frying pan

microwave

Directions

- Heat the oil in a skillet over medium-high heat.
- Place pork in the skillet, and cook until evenly brown.
- Pour in the salsa, and continue cooking 5 minutes, until heated through.
- Place tortillas 1 or 2 at a time on a microwave-safe dish. Cook in the microwave 1 minute on High, until warm.
- Place equal amounts of pork strips and salsa in the center of each warm tortilla, and roll. Top with sour cream and garnish with green onions to serve.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:8.01, Inflammation Score:-4, Nutrition Score:8.2326086923156%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 224.67kcal (11.23%), Fat: 9.93g (15.28%), Saturated Fat: 4.01g (25.03%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 26.31g (9.57%), Sugar: 4.05g (4.49%), Cholesterol: 13.68mg (4.56%), Sodium: 606.46mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.77%), Vitamin B1: 0.28mg (18.52%), Selenium: 12.68µg (18.12%), Manganese: 0.3mg (14.94%), Vitamin K: 15.39µg (14.66%), Phosphorus: 135.52mg (13.55%), Vitamin B3: 2.7mg (13.49%), Folate: 52.97µg (13.24%), Vitamin B2: 0.2mg (11.62%), Iron: 2.07mg (11.5%), Calcium: 109.55mg (10.96%), Fiber: 2.49g (9.96%), Vitamin A: 340.48IU (6.81%), Potassium: 191.5mg (5.47%), Vitamin B6: 0.1mg (5.2%), Magnesium: 19.42mg (4.86%), Vitamin E: 0.63mg (4.22%), Copper: 0.08mg (4.14%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.24mg (2.39%), Vitamin C: 1.53mg (1.85%)