



Pork Tacos with Corn-Jicama Salsa and Guacamole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado cubed peeled
- ☐ 0.5 cup black beans canned rinsed drained
- ☐ 2 teaspoons chili powder
- ☐ 8 6-inch corn tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup corn kernels fresh
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup jicama diced peeled finely
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound pork tenderloin cut into 2 x 1/8-inch strips
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup tomatoes seeded finely chopped

Equipment

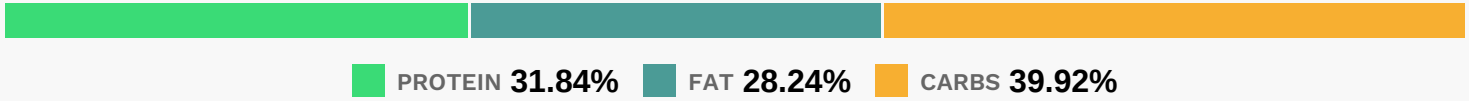
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap

Directions

- ☐ To prepare salsa, combine corn, jicama, black beans, cilantro, 1 tablespoon juice, 1/4 teaspoon cumin, and 1/4 teaspoon salt in a small bowl; toss gently to combine. Cover and chill.
- ☐ To prepare guacamole, combine avocado, 1 1/2 tablespoons juice, and 1/4 teaspoon salt in a small bowl; mash with a fork until well blended. Stir in tomato.
- ☐ Place a sheet of plastic wrap directly on avocado mixture; set aside.
- ☐ To prepare tacos, combine chili powder, oregano, 1 teaspoon cumin, and 1/4 teaspoon salt in a shallow dish.
- ☐ Add pork to spice mixture; toss to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; saut 4 minutes or until done, turning occasionally.
- ☐ Remove pork from pan; keep warm.
- ☐ Wipe pan clean with paper towels; recoat with cooking spray.
- ☐ Add 2 tortillas to pan; cook 30 seconds on each side or until soft.

- ☐
- Remove from pan; keep warm. Repeat procedure with remaining tortillas and cooking spray.
- ☐
- Spread about 1 1/2 tablespoons guacamole onto each tortilla; top each tortilla with about 1/4 cup pork and about 2 tablespoons salsa. Fold tortillas in half.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:10.54, Inflammation Score:-8, Nutrition Score:26.005652075228%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 361.32kcal (18.07%), Fat: 11.65g (17.92%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 27.84g (10.12%), Sugar: 2.64g (2.94%), Cholesterol: 73.71mg (24.57%), Sodium: 334.58mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.55g (59.11%), Vitamin B1: 1.26mg (84.15%), Vitamin B6: 1.15mg (57.67%), Selenium: 38.45µg (54.93%), Phosphorus: 511.12mg (51.11%), Vitamin B3: 9.65mg (48.27%), Fiber: 9.21g (36.85%), Vitamin B2: 0.52mg (30.75%), Potassium: 934.87mg (26.71%), Magnesium: 102.07mg (25.52%), Zinc: 3.38mg (22.52%), Manganese: 0.4mg (20.22%), Iron: 3.36mg (18.65%), Vitamin B5: 1.75mg (17.53%), Copper: 0.34mg (16.91%), Vitamin C: 13.05mg (15.82%), Folate: 59.64µg (14.91%), Vitamin K: 13.59µg (12.94%), Vitamin E: 1.83mg (12.19%), Vitamin A: 504.92IU (10.1%), Vitamin B12: 0.59µg (9.83%), Calcium: 82.83mg (8.28%), Vitamin D: 0.34µg (2.27%)