



Pork Tacos with Mango-Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled halved thinly sliced
- ☐ 4 servings corn tortillas warmed
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon jalapeno diced
- ☐ 1 juice of lime
- ☐ 1 large mangos peeled cut into 1/2-inch dice

- ☐ 1 teaspoon olive oil
- ☐ 0.3 onion minced
- ☐ 2 pounds pork loin chops
- ☐ 4 servings salt and pepper
- ☐ 1 scallion chopped
- ☐ 0.3 cup onion white chopped

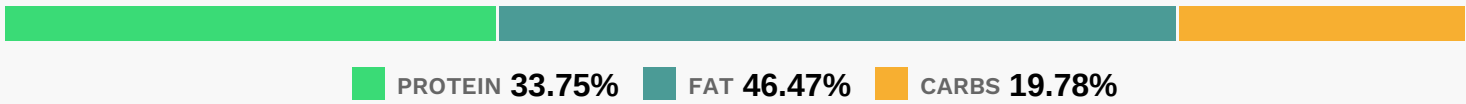
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill

Directions

- ☐ To make the salsa:In a bowl, stir together the mango, avocado, onion, lime juice, cilantro, and jalapeño. Cover the salsa and refrigerate until ready to serve.
- ☐ Place the pork chops in a nonreactive dish.
- ☐ Add the garlic, onion, scallion, cumin, olive oil, salt and pepper evenly over both sides of the chops, cover, and refrigerate for at least 3 hours or up to overnight.Prepare a grill. Season the pork chops on both sides with salt.
- ☐ Place on the grill rack and cook, turning once, until etched with grill marks, golden and light pink at the center when cut into with a knife. About 5 to 6 minutes per side.
- ☐ Cut the pork into thin strips and divide the pork evenly among the tortillas.
- ☐ Drizzle with the avocado-mango salsa, garnish with the cilantro, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.81, Glycemic Load:9.91, Inflammation Score:-8, Nutrition Score:39.598261003909%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 623.42kcal (31.17%), Fat: 32.61g (50.17%), Saturated Fat: 8.02g (50.12%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 21.46g (7.8%), Sugar: 8.99g (9.99%), Cholesterol: 151.95mg (50.65%), Sodium: 325.28mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.3g (106.6%), Selenium: 77.74µg (111.06%), Vitamin B1: 1.64mg (109.22%), Vitamin B6: 2.08mg (103.86%), Vitamin B3: 20.72mg (103.59%), Phosphorus: 666.83mg (66.68%), Potassium: 1538.89mg (43.97%), Vitamin C: 35.48mg (43%), Fiber: 9.77g (39.08%), Vitamin B2: 0.6mg (35.43%), Vitamin K: 36.69µg (34.94%), Vitamin B5: 3.23mg (32.32%), Zinc: 4.65mg (30.97%), Magnesium: 117.81mg (29.45%), Folate: 112.51µg (28.13%), Copper: 0.44mg (22.03%), Vitamin E: 3.21mg (21.38%), Vitamin B12: 1.2µg (20.03%), Vitamin A: 905.17IU (18.1%), Manganese: 0.36mg (17.79%), Iron: 2.58mg (14.33%), Calcium: 70.77mg (7.08%), Vitamin D: 0.91µg (6.05%)