



Pork Tacos with Mango Slaw



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons canola oil divided
- ☐ 8 6-inch corn tortillas
- ☐ 1.5 cups cabbage green thinly sliced
- ☐ 0.3 cup green onions diagonally sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 12 ounce pork tenderloin trimmed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup mangos ripe chopped
- ☐ 0.5 cup radishes thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425
- ☐ Heat an ovenproof skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Sprinkle pork with 1/4 teaspoon salt and pepper.
- ☐ Add pork to pan; cook 4 minutes or until browned. Turn pork over; place pan in oven.
- ☐ Bake at 425 for 12 minutes or until a thermometer registers 145 or until desired degree of doneness.
- ☐ Remove pork from pan.
- ☐ Let stand 10 minutes; cut pork across the grain into thin slices.
- ☐ Combine remaining 1 tablespoon oil, cabbage, and next 4 ingredients (through red pepper) in a bowl.
- ☐ Combine juice and avocado in a bowl.
- ☐ Add avocado mixture to cabbage mixture; sprinkle with remaining 1/4 teaspoon salt. Toss gently to combine.
- ☐ Heat tortillas according to package directions.
- ☐ Place 2 tortillas on each of 4 plates; divide pork evenly among tortillas. Top tacos evenly with cabbage mixture.

Nutrition Facts

PROTEIN 22.71% FAT 40.3% CARBS 36.99%

Properties

Glycemic Index:78.56, Glycemic Load:13.9, Inflammation Score:-8, Nutrition Score:25.762608730275%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 9.16mg, Pelargonidin: 9.16mg, Pelargonidin: 9.16mg, Pelargonidin: 9.16mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 387.23kcal (19.36%), Fat: 17.96g (27.63%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 28.57g (10.39%), Sugar: 7.88g (8.76%), Cholesterol: 55.28mg (18.43%), Sodium: 375.02mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Vitamin B1: 0.97mg (64.51%), Vitamin K: 55.01µg (52.39%), Vitamin B6: 1.01mg (50.36%), Vitamin C: 35.71mg (43.28%), Selenium: 30.06µg (42.94%), Phosphorus: 419.68mg (41.97%), Vitamin B3: 7.78mg (38.9%), Fiber: 8.5g (34.01%), Vitamin B2: 0.43mg (25.35%), Potassium: 863.5mg (24.67%), Magnesium: 86.38mg (21.59%), Vitamin E: 3.11mg (20.73%), Folate: 82.19µg (20.55%), Zinc: 2.78mg (18.53%), Manganese: 0.37mg (18.27%), Vitamin B5: 1.65mg (16.52%), Copper: 0.32mg (16.07%), Vitamin A: 687IU (13.74%), Iron: 2.14mg (11.9%), Calcium: 79.03mg (7.9%), Vitamin B12: 0.43µg (7.23%), Vitamin D: 0.17µg (1.13%)