



Pork Tacos with Pineapple Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 8 8-inch flour tortillas fat-free warmed ()
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 24 ounce pork loin chops boneless trimmed
- ☐ 8 servings pineapple salsa
- ☐ 0.3 teaspoon salt

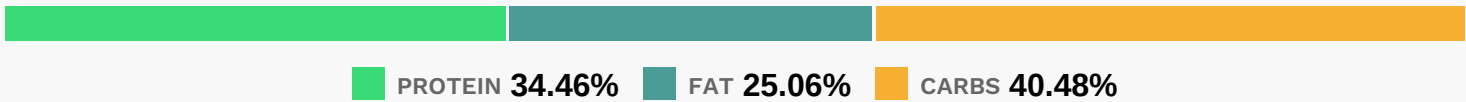
Equipment

☐ grill

Directions

- ☐ Combine curry powder and next 4 ingredients; sprinkle over pork chops. Coat pork evenly with cooking spray.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 4 minutes on each side or until done.
- ☐ Let stand 10 minutes. Coarsely chop pork.
- ☐ Serve with Pineapple Salsa and warm tortillas.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:7.99, Inflammation Score:-4, Nutrition Score:15.525217569393%

Nutrients (% of daily need)

Calories: 280.92kcal (14.05%), Fat: 7.7g (11.85%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 25.33g (9.21%), Sugar: 3.14g (3.49%), Cholesterol: 53.58mg (17.86%), Sodium: 700.15mg (30.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Selenium: 35.4µg (50.57%), Vitamin B1: 0.65mg (43.16%), Vitamin B3: 7.53mg (37.65%), Vitamin B6: 0.74mg (37.06%), Phosphorus: 310.24mg (31.02%), Vitamin B2: 0.32mg (18.58%), Manganese: 0.34mg (16.84%), Iron: 2.69mg (14.93%), Potassium: 479.68mg (13.71%), Zinc: 1.9mg (12.69%), Folate: 50.51µg (12.63%), Fiber: 2.65g (10.6%), Magnesium: 40.34mg (10.08%), Calcium: 91.77mg (9.18%), Vitamin B5: 0.78mg (7.84%), Vitamin B12: 0.43µg (7.23%), Copper: 0.13mg (6.56%), Vitamin K: 5.89µg (5.61%), Vitamin E: 0.68mg (4.51%), Vitamin A: 174.34IU (3.49%), Vitamin D: 0.34µg (2.27%)