



Pork Tacos with Slaw and Spicy Pepitas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon chipotle chile pepper
- ☐ 16 ounce coleslaw (3 cups)
- ☐ 12 6-inch corn tortillas white yellow ()
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 teaspoon ground cumin

- ☐ 1 tablespoon jalapeno minced
- ☐ 0.3 cup juice of lime fresh divided
- ☐ 6 tablespoons spicy pepitas
- ☐ 1 pound center-cut loin pork chops boneless (1/)
- ☐ 0.5 cup bell pepper red sliced
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons cup heavy whipping cream light sour

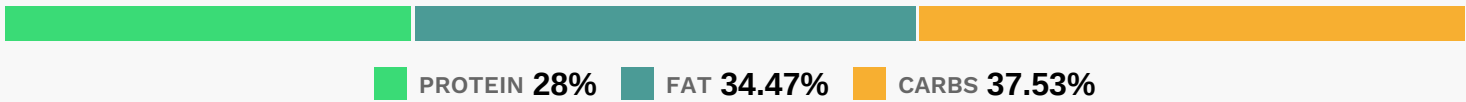
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Combine first 6 ingredients in a small bowl. Lightly coat pork with cooking spray; rub spice mixture over both sides of pork. Cover and refrigerate 1 hour.
- ☐ Preheat grill.
- ☐ Place pork on a grill rack coated with cooking spray; grill 1 minute on each side or until done.
- ☐ Cut pork into 1/4-inch slices.
- ☐ Combine pork and 2 tablespoons juice in a medium bowl, tossing to coat.
- ☐ Combine the remaining 2 tablespoons juice, bell pepper, onions, jalapeo, and coleslaw in a large bowl, tossing well.
- ☐ Heat a nonstick griddle over medium heat. Coat griddle with cooking spray. Arrange 6 tortillas in a single layer; cook 1 minute on each side or until lightly browned. Repeat procedure with cooking spray and remaining 6 tortillas. Divide pork mixture evenly among tortillas; top each tortilla with 2 tablespoons coleslaw mixture, 1 1/2 teaspoons sour cream, and 1 1/2 teaspoons Spicy Pepitas.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:11.45, Inflammation Score:-8, Nutrition Score:25.384347615035%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 333.56kcal (16.68%), Fat: 13.19g (20.28%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 25.77g (9.37%), Sugar: 4.09g (4.55%), Cholesterol: 54.85mg (18.28%), Sodium: 285.4mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Vitamin K: 64.16µg (61.11%), Vitamin C: 50.26mg (60.92%), Phosphorus: 495.6mg (49.56%), Vitamin B1: 0.65mg (43.12%), Selenium: 29.93µg (42.76%), Vitamin B6: 0.84mg (41.89%), Manganese: 0.81mg (40.62%), Vitamin B3: 7.74mg (38.7%), Magnesium: 131.84mg (32.96%), Fiber: 6.52g (26.09%), Zinc: 2.92mg (19.47%), Potassium: 680.98mg (19.46%), Vitamin B2: 0.25mg (14.93%), Iron: 2.67mg (14.85%), Copper: 0.29mg (14.53%), Vitamin A: 663.79IU (13.28%), Folate: 51.17µg (12.79%), Calcium: 108.45mg (10.85%), Vitamin B5: 0.91mg (9.1%), Vitamin B12: 0.45µg (7.52%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.33µg (2.18%)