



Pork Tenderloin Tacos With Radish-Avocado Salsa

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced
- ☐ 2 tablespoons brown sugar
- ☐ 8 6-inch flour tortillas warmed ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 jalapeno minced seeded

- ☐ 2 tablespoons juice of lime
- ☐ 3 tablespoons olive oil
- ☐ 1 pound pork tenderloin cut into 1-inch cubes
- ☐ 6 oz radishes
- ☐ 0.5 small onion diced red
- ☐ 4 servings salsa
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 4 servings tacos
- ☐ 4 servings tacos

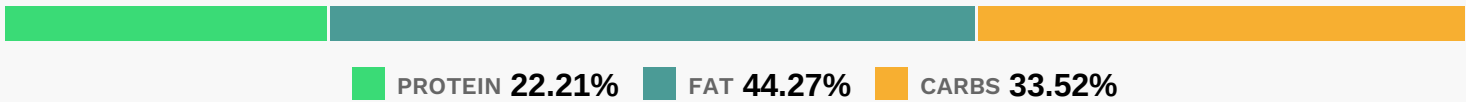
Equipment

- ☐ food processor
- ☐ grill pan

Directions

- ☐ Prepare Salsa: Process radishes in a food processor until finely chopped. Stir together radishes, onion, and next 5 ingredients; cover and chill salsa until ready to serve.
- ☐ Prepare Tacos: Stir together brown sugar and next 4 ingredients. Toss pork with brown sugar mixture.
- ☐ Heat grill pan over medium-high heat; cook pork, in 2 batches, 2 1/2 minutes on each side or until done.
- ☐ Serve pork in warm tortillas with salsa.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:10.34, Inflammation Score:-7, Nutrition Score:29.820434881293%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 26.85mg, Pelargonidin: 26.85mg, Pelargonidin: 26.85mg Epicatechin: 0.19mg, 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 543.07kcal (27.15%), Fat: 26.98g (41.51%), Saturated Fat: 5.66g (35.35%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 38.72g (14.08%), Sugar: 11.29g (12.54%), Cholesterol: 73.71mg (24.57%), Sodium: 2042.74mg (88.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.91%), Vitamin B1: 1.48mg (98.64%), Selenium: 48.71µg (69.58%), Vitamin B6: 1.16mg (58.24%), Vitamin B3: 11.62mg (58.11%), Phosphorus: 453.93mg (45.39%), Vitamin B2: 0.66mg (38.61%), Fiber: 7.23g (28.93%), Potassium: 1011.08mg (28.89%), Folate: 114.32µg (28.58%), Vitamin K: 27.17µg (25.87%), Manganese: 0.5mg (25.24%), Iron: 4.36mg (24.22%), Vitamin C: 19.84mg (24.05%), Vitamin E: 3.45mg (23.02%), Zinc: 3.02mg (20.12%), Vitamin B5: 1.93mg (19.31%), Magnesium: 72.99mg (18.25%), Copper: 0.32mg (16.06%), Calcium: 136.25mg (13.62%), Vitamin B12: 0.59µg (9.83%), Vitamin A: 451.82IU (9.04%), Vitamin D: 0.34µg (2.27%)