



Pork Tinga Tacos



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

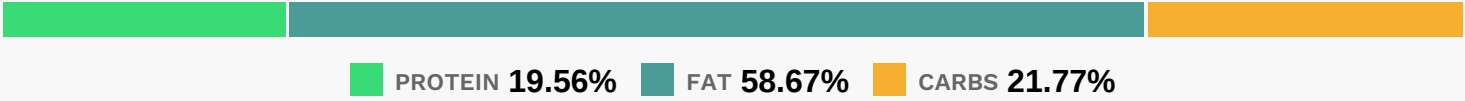
- ☐ 1 large avocado diced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 12 small corn tortillas warmed
- ☐ 0.3 cup cotija crumbled
- ☐ 1 small onion diced
- ☐ 3 cups pork tinga

Equipment

Directions

☐ Assemble tacos and enjoy!

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:15.92, Inflammation Score:-6, Nutrition Score:28.316086592882%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 749.18kcal (37.46%), Fat: 49.25g (75.77%), Saturated Fat: 16.64g (104.02%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 32.5g (11.82%), Sugar: 1.77g (1.97%), Cholesterol: 136.1mg (45.37%), Sodium: 246.02mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.9%), Vitamin B1: 1.43mg (95.27%), Selenium: 50.11µg (71.59%), Phosphorus: 618.72mg (61.87%), Vitamin B6: 1.04mg (52.09%), Vitamin B3: 9.87mg (49.33%), Zinc: 5.55mg (37.01%), Vitamin B2: 0.62mg (36.38%), Fiber: 8.61g (34.42%), Magnesium: 108.24mg (27.06%), Potassium: 934.62mg (26.7%), Vitamin B12: 1.4µg (23.34%), Vitamin B5: 2.09mg (20.86%), Manganese: 0.37mg (18.64%), Iron: 2.91mg (16.18%), Copper: 0.31mg (15.38%), Folate: 60.42µg (15.1%), Calcium: 144.97mg (14.5%), Vitamin K: 13.89µg (13.23%), Vitamin C: 7.83mg (9.49%), Vitamin E: 1.3mg (8.69%), Vitamin A: 194.74IU (3.89%)