



Pork Wraps with Fresh Tomatillo Salsa

READY IN



23 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber chopped
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat stemmed seeded cut into thin strips
- ☐ 1 medium onion vertically sliced

- ☐ 2 medium poblano chiles stemmed seeded cut into thin strips
- ☐ 1 pound pork cutlets boneless cut into thin strips
- ☐ 0.5 teaspoon salt divided
- ☐ 2 large tomatillos

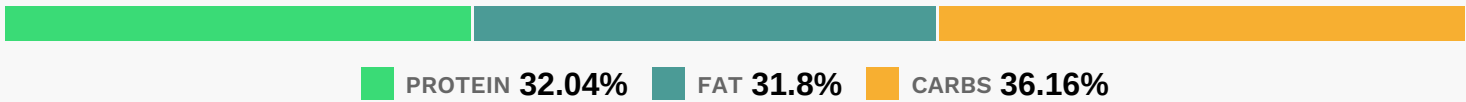
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Discard husks and stems from tomatillos.
- ☐ Combine tomatillos, cucumber, cilantro, lime juice, 1/4 teaspoon salt, and garlic in a blender. Process until finely chopped, and set aside.
- ☐ Sprinkle pork with cumin.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add pork; cook 3 minutes or until no longer pink in center, stirring occasionally.
- ☐ Remove from pan; keep warm.
- ☐ Coat pan with cooking spray; add chiles and onion. Coat vegetables with cooking spray; cook 4 minutes or until onion begins to brown, stirring frequently.
- ☐ Meanwhile, heat tortillas according to package directions.
- ☐ Return pork to pan; add remaining 1/4 teaspoon salt, and cook 30 seconds or until the pork mixture is thoroughly heated, stirring constantly.
- ☐ Divide pork mixture evenly among tortillas. Top each with about 1/3 cup salsa; roll up.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:27.126521286757%

Flavonoids

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 Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 413.71kcal (20.69%), Fat: 14.5g (22.31%), Saturated Fat: 6.74g (42.09%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 33.27g (12.1%), Sugar: 5.66g (6.29%), Cholesterol: 94.97mg (31.66%), Sodium: 774.3mg (33.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Vitamin B1: 1.13mg (75.45%), Selenium: 52.67µg (75.24%), Vitamin C: 55.7mg (67.52%), Vitamin B3: 12.35mg (61.77%), Vitamin B6: 1.1mg (54.95%), Phosphorus: 446.41mg (44.64%), Vitamin B2: 0.47mg (27.51%), Potassium: 862.94mg (24.66%), Manganese: 0.44mg (22.14%), Calcium: 184.91mg (18.49%), Iron: 3.24mg (18.02%), Folate: 70.4µg (17.6%), Zinc: 2.6mg (17.3%), Magnesium: 64.57mg (16.14%), Fiber: 3.83g (15.32%), Vitamin K: 14.57µg (13.88%), Vitamin B12: 0.82µg (13.66%), Vitamin B5: 1.11mg (11.07%), Copper: 0.21mg (10.66%), Vitamin A: 518.3IU (10.37%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.46µg (3.03%)