



Pork Wraps with Fresh Tomatillo Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 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
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 2 large tomatillos
- ☐ 4 8-inch tortillas gluten-free ()

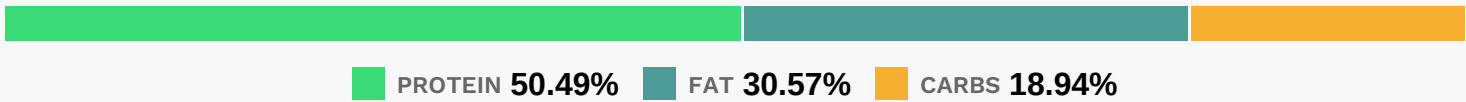
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Discard husks and stems from tomatillos.
- ☐ Place tomatillos, cucumber, cilantro, lime juice, 1/4 teaspoon salt, and garlic in a blender. Process until finely chopped, and set aside.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle pork with cumin.
- ☐ Add pork to pan; cook 3 minutes or until no longer pink in center, stirring occasionally.
- ☐ Remove from pan; keep warm.
- ☐ Recoat pan with cooking spray; add chiles and onion. Coat vegetables with cooking spray; cook 4 minutes or until onion begins to brown, stirring frequently.
- ☐ While vegetables cook, warm tortillas.
- ☐ Return pork to pan; add remaining 1/4 teaspoon salt, and cook 30 seconds or until 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:29.75, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:20.702174041582%

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: 221.36kcal (11.07%), Fat: 7.46g (11.47%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.74g (4.16%), Cholesterol: 84.91mg (28.3%), Sodium: 381.02mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.43%), Vitamin C: 55.45mg (67.21%), Selenium: 40.4µg (57.72%), Vitamin B1: 0.86mg (57.58%), Vitamin B6: 1.06mg (53.16%), Vitamin B3: 10.08mg (50.4%), Phosphorus: 320.93mg (32.09%), Potassium: 738.24mg (21.09%), Vitamin B2: 0.29mg (17.02%), Zinc: 2.18mg (14.54%), Magnesium: 50.47mg (12.62%), Vitamin B12: 0.7µg (11.65%), Vitamin K: 10.76µg (10.24%), Vitamin B5: 1.02mg (10.23%), Manganese: 0.19mg (9.54%), Fiber: 2.2g (8.8%), Vitamin A: 424IU (8.48%), Copper: 0.16mg (7.78%), Iron: 1.37mg (7.62%), Calcium: 69.91mg (6.99%), Folate: 19.3µg (4.82%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.4µg (2.65%)