



Pronto Pork Fajitas

 **Gluten Free**  **Dairy Free**

READY IN

ready

23 min.

SERVINGS

servings

6

CALORIES

calories

265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce fiesta nacho cheese soup canned
- ☐ 6 servings warm corn tortillas
- ☐ 2 tablespoons cilantro leaves fresh divided chopped
- ☐ 2 garlic cloves pressed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 medium onion cut into strips
- ☐ 1 pound pork chops boneless
- ☐ 1 bell pepper red cut into strips

- ☐ 6 servings toppings: salsa sour
- ☐ 2 teaspoons fajita seasoning
- ☐ 1 tablespoon vegetable oil

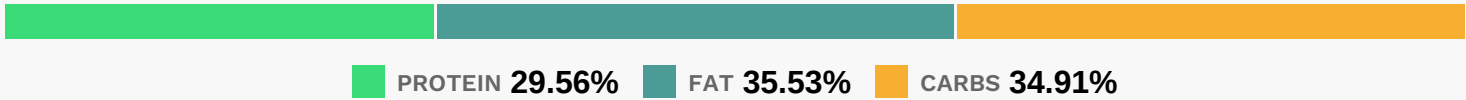
Equipment

- ☐ frying pan

Directions

- ☐ Slice pork diagonally across the grain into 1/4-inch strips; toss with 1 tablespoon cilantro, garlic, and fajita seasoning.
- ☐ Let stand 15 minutes.
- ☐ Saut pork, bell pepper, and onion in hot oil in a large nonstick skillet over medium heat 4 to 5 minutes or until pork is done.
- ☐ Add soup, lime juice, and remaining 1 tablespoon cilantro, and cook until thoroughly heated.
- ☐ Serve in warm tortillas with desired toppings.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:5.77, Inflammation Score:-7, Nutrition Score:17.134782728942%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 264.56kcal (13.23%), Fat: 10.52g (16.19%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 19.16g (6.97%), Sugar: 4.08g (4.53%), Cholesterol: 52.68mg (17.56%), Sodium: 526.38mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.39%), Selenium: 27.23µg (38.9%), Vitamin

B6: 0.77mg (38.72%), Vitamin B1: 0.57mg (37.73%), Vitamin C: 29.99mg (36.35%), Vitamin B3: 7.1mg (35.49%), Phosphorus: 278.28mg (27.83%), Potassium: 745.28mg (21.29%), Vitamin A: 1023.97IU (20.48%), Vitamin K: 17.25µg (16.43%), Fiber: 4.1g (16.41%), Manganese: 0.27mg (13.63%), Magnesium: 52.71mg (13.18%), Vitamin B2: 0.2mg (11.76%), Zinc: 1.72mg (11.46%), Vitamin E: 1.38mg (9.23%), Iron: 1.59mg (8.82%), Calcium: 86.36mg (8.64%), Vitamin B5: 0.76mg (7.59%), Vitamin B12: 0.4µg (6.68%), Copper: 0.13mg (6.47%), Folate: 19.94µg (4.99%), Vitamin D: 0.3µg (2.02%)