



 **83%**
HEALTH SCORE

Pulled-Pork Fajitas

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings avocado wedges
- 0.3 teaspoon cayenne pepper red (ground)
- 0.3 cup cider vinegar
- 8 flour tortillas
- 4 servings cilantro leaves fresh
- 4 servings onion red chopped
- 2 pounds roast pork leftover
- 1.5 teaspoons salt

- 2 tablespoons sugar
- 4 servings tomatoes chopped
- 2 tablespoons worcestershire sauce

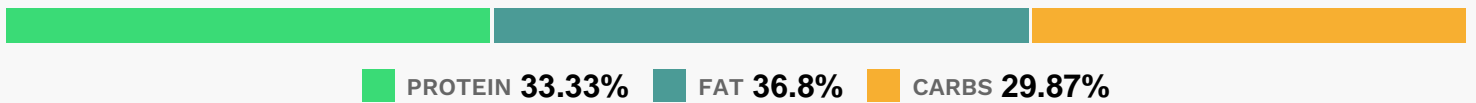
Equipment

- frying pan
- sauce pan

Directions

- Combine the vinegar, sugar, Worcestershire sauce, salt, and cayenne pepper in a medium saucepan.
- Heat to boiling over high heat. Reduce heat to low and simmer 5 minutes. Meanwhile, cut pork into 1-inch-thick slices, then shred it by hand. Stir the pork into the sauce, cover, and heat through, stirring occasionally.
- In a large, dry skillet over medium-high heat, toast the tortillas one at a time until crisp and slightly charred around the edges, about 1 to 2 minutes per side.
- To serve, spoon some pork into the center of a tortilla. Top with cilantro, avocado, tomato, and onion.
- Roll.

Nutrition Facts



Properties

Glycemic Index:78.27, Glycemic Load:16.23, Inflammation Score:-9, Nutrition Score:44.1521740789%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.3mg, Quercetin: 1.3mg,

Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 710.02kcal (35.5%), Fat: 29.1g (44.78%), Saturated Fat: 6.77g (42.3%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 42.12g (15.32%), Sugar: 14.59g (16.22%), Cholesterol: 142.88mg (47.63%), Sodium: 1552.46mg (67.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.31g (118.62%), Selenium: 76.72µg (109.6%), Vitamin B6: 2.15mg (107.66%), Vitamin B1: 1.45mg (96.47%), Vitamin B3: 18.56mg (92.82%), Phosphorus: 736.49mg (73.65%), Potassium: 1922.16mg (54.92%), Vitamin B2: 0.77mg (45.37%), Fiber: 11.01g (44.06%), Vitamin C: 35.96mg (43.59%), Folate: 165.46µg (41.37%), Vitamin K: 40.04µg (38.13%), Zinc: 5.38mg (35.86%), Manganese: 0.72mg (35.79%), Vitamin A: 1710.9IU (34.22%), Vitamin B5: 3.34mg (33.39%), Magnesium: 123.41mg (30.85%), Iron: 4.95mg (27.52%), Copper: 0.51mg (25.55%), Vitamin E: 3.38mg (22.56%), Vitamin B12: 1.16µg (19.28%), Calcium: 140.51mg (14.05%), Vitamin D: 0.91µg (6.05%)