



## Pulled-Pork Soft Tacos

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

READY IN



15 min.

SERVINGS



15

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

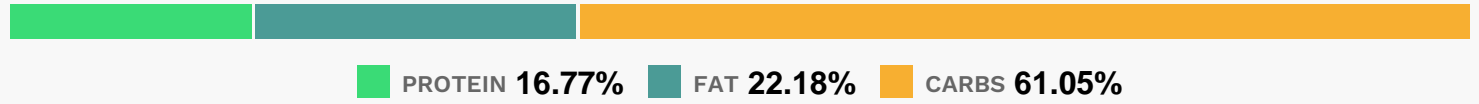
- 12 6-inch corn tortillas warmed ()
- 0.8 cup cilantro leaves fresh chopped
- 0.8 cup onions chopped
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked
- 0.8 cup tomatillo salsa

### Equipment

## Directions

- Heat pork as directed on package.
- Spoon onto tortillas; top with remaining ingredients.
- Fold in half.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:2.1978261056154%

## Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 94.25kcal (4.71%), Fat: 2.37g (3.64%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 13.18g (4.79%), Sugar: 4.4g (4.89%), Cholesterol: 9.35mg (3.12%), Sodium: 220.83mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Phosphorus: 68.02mg (6.8%), Fiber: 1.47g (5.88%), Manganese: 0.08mg (4.08%), Magnesium: 15.98mg (4%), Vitamin A: 157.79IU (3.16%), Calcium: 30.09mg (3.01%), Vitamin B6: 0.06mg (2.82%), Iron: 0.48mg (2.68%), Vitamin K: 2.51µg (2.39%), Potassium: 77.47mg (2.21%), Vitamin C: 1.63mg (1.97%), Zinc: 0.29mg (1.93%), Selenium: 1.32µg (1.88%), Copper: 0.04mg (1.85%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.58%)