



Red Chile Pork Tacos with Caramelized Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 1 teaspoon brown sugar
- ☐ 8 teaspoons green onions chopped
- ☐ 1 pound pork tenderloin trimmed
- ☐ 3 cups onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 8 taco shells hard

- ☐ 0.5 cup tomatoes chopped
- ☐ 1 teaspoon vegetable oil

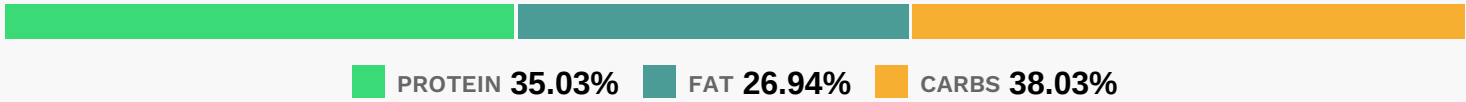
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 3 ingredients; rub evenly over pork.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 425 for 20 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Remove pork from oven; let sit 5 minutes before slicing.
- ☐ While pork cooks, heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion; cover and cook 10 minutes or until golden brown, stirring frequently. Uncover and cook 1 minute, stirring constantly.
- ☐ Fill each taco shell with about 2 ounces pork, 3 tablespoons sauted onion, 1 tablespoon tomato, and 1 teaspoon green onions.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:12, Inflammation Score:-8, Nutrition Score:22.47260847299%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 24.9mg, Quercetin: 24.9mg, Quercetin: 24.9mg, Quercetin: 24.9mg

Nutrients (% of daily need)

Calories: 309.86kcal (15.49%), Fat: 9.27g (14.26%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 24.77g (9.01%), Sugar: 7.14g (7.94%), Cholesterol: 73.71mg (24.57%), Sodium: 468mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.25%), Vitamin B1: 1.25mg (83.52%), Vitamin B6: 1.13mg (56.67%), Selenium: 37.12µg (53.03%), Vitamin B3: 8.53mg (42.66%), Phosphorus: 382.8mg (38.28%), Vitamin B2: 0.47mg (27.35%), Potassium: 778.67mg (22.25%), Zinc: 2.87mg (19.12%), Fiber: 4.67g (18.69%), Manganese: 0.37mg (18.58%), Magnesium: 68.46mg (17.12%), Vitamin A: 794.51IU (15.89%), Vitamin K: 16.48µg (15.69%), Vitamin C: 12.2mg (14.79%), Iron: 2.22mg (12.35%), Vitamin B5: 1.15mg (11.46%), Folate: 45.28µg (11.32%), Copper: 0.21mg (10.55%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.42mg (9.44%), Calcium: 69.62mg (6.96%), Vitamin D: 0.23µg (1.51%)