



Salt and Spice Pork Wrap

READY IN



15 min.

SERVINGS



1

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground pepper
- 1 12-inch flour tortilla ()
- 1 serving pepper black
- 0.5 tablespoon onion salt
- 5 ounce pork loin boneless
- 3 tablespoons guacamole
- 0.5 cup cheddar cheese shredded
- 1 teaspoon vegetable oil

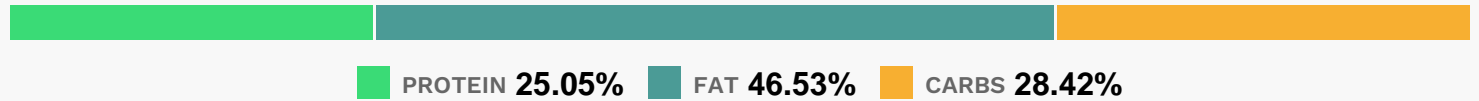
Equipment

frying pan

Directions

- Season pork chop with onion salt, cayenne, and pepper.
- Heat vegetable oil in a skillet over medium heat.
- Add the pork chop and cook until lightly browned on both sides, about 4 minutes per side.
- Cut pork chop into 1/4 inch strips, return to the skillet, and cook until no longer pink.
- Smear the center of the tortilla with salsa or guacamole; sprinkle with Cheddar cheese.
- Place pork strips on top of the cheese and roll tortilla up into a wrap.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:18.7, Inflammation Score:-9, Nutrition Score:38.706956697547%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 887.26kcal (44.36%), Fat: 45.76g (70.4%), Saturated Fat: 17.69g (110.56%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 55.18g (20.07%), Sugar: 4.93g (5.48%), Cholesterol: 145.8mg (48.6%), Sodium: 4770.1mg (207.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.43g (110.86%), Selenium: 81.05µg (115.79%), Phosphorus: 842.74mg (84.27%), Vitamin B1: 1.26mg (83.7%), Vitamin B3: 14.2mg (70.98%), Vitamin B6: 1.35mg (67.26%), Calcium: 584.13mg (58.41%), Vitamin B2: 0.91mg (53.81%), Folate: 158.83µg (39.71%), Zinc: 5.59mg (37.24%), Manganese: 0.71mg (35.33%), Fiber: 7.67g (30.7%), Iron: 5.45mg (30.26%), Vitamin A: 1466.77IU (29.34%), Potassium: 984mg (28.11%), Vitamin K: 29.37µg (27.98%), Magnesium: 93.98mg (23.49%), Vitamin B12: 1.32µg (22.03%), Vitamin B5: 2.12mg (21.24%), Vitamin E: 2.54mg (16.91%), Copper: 0.32mg (15.96%), Vitamin C: 6.18mg (7.49%), Vitamin D: 0.91µg (6.04%)