



Seared Pork Tortas

READY IN



20 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled cut into 1/8-inch-thick slices
- ☐ 12 ounce crusty baguette cut in half horizontally
- ☐ 0.5 cup pinto beans canned rinsed drained
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded thinly sliced
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion thinly sliced
- ☐ 12 ounce pork loin chops boneless (1/)

- ☐ 2 tablespoons salsa fresh refrigerated
- ☐ 0.3 teaspoon salt
- ☐ 1 large tomatoes cut into 8 (1/4-inch-thick) slices

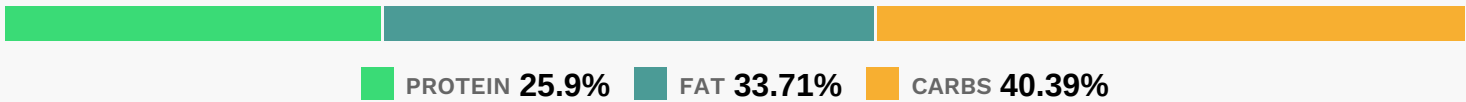
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine cumin and salt; sprinkle evenly over pork.
- ☐ Add pork to pan; cook 2 minutes on each side or until done.
- ☐ Let stand 5 minutes; cut into thin slices.
- ☐ Hollow out top and bottom halves of bread, leaving a 3/4-inch-thick shell; reserve torn bread for another use.
- ☐ Place bread halves, cut sides up, on a baking sheet. Broil 2 minutes or until golden brown.
- ☐ Place beans and salsa in a small bowl; mash with a fork until almost smooth. Spoon bean mixture into the bottom half of baguette. Top with pork, cheese, onion, tomato, jalapeo, avocado, and top half of baguette.
- ☐ Cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:71.44, Glycemic Load:30.02, Inflammation Score:-7, Nutrition Score:25.994782447815%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 497.78kcal (24.89%), Fat: 18.57g (28.57%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 50.08g (16.69%), Net Carbohydrates: 44.62g (16.23%), Sugar: 6.52g (7.25%), Cholesterol: 69.6mg (23.2%), Sodium: 912mg (39.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.21%), Vitamin B1: 1.12mg (74.74%), Selenium: 45.1µg (64.43%), Vitamin B3: 11.6mg (58.01%), Vitamin B6: 0.88mg (43.84%), Phosphorus: 388.46mg (38.85%), Folate: 129.07µg (32.27%), Vitamin B2: 0.54mg (31.75%), Manganese: 0.6mg (30%), Iron: 4.44mg (24.69%), Calcium: 228.33mg (22.83%), Potassium: 775.77mg (22.16%), Fiber: 5.46g (21.85%), Zinc: 2.84mg (18.9%), Magnesium: 71.96mg (17.99%), Vitamin C: 13.98mg (16.94%), Vitamin B5: 1.43mg (14.28%), Copper: 0.28mg (13.97%), Vitamin K: 14.48µg (13.79%), Vitamin A: 610.78IU (12.22%), Vitamin E: 1.81mg (12.07%), Vitamin B12: 0.57µg (9.47%), Vitamin D: 0.43µg (2.83%)