



Sesame-Pork Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons sesame oil dark
- 2 garlic cloves minced
- 1 teaspoon gingerroot grated peeled
- 0.3 teaspoon ground pepper red
- 0.3 cup hoisin sauce
- 1 pound pork tenderloin
- 0.3 teaspoon salt
- 4 moo shu shells

Equipment

- frying pan
- ziploc bags

Directions

- Trim fat from pork, and cut into thin strips.
- Combine pork and next 5 ingredients (pork through garlic) in a zip-top heavy-duty plastic bag; seal bag, and shake well to coat. Marinate in refrigerator 20 minutes.
- Heat moo shu shells according to package directions.
- Coat a medium nonstick skillet with cooking spray; and place over medium-high heat until hot.
- Add pork mixture; stir-fry 4 minutes or until done.
- Divide pork mixture evenly among warm moo shu shells.
- Drizzle hoisin sauce over pork mixture, and roll up.

Nutrition Facts

PROTEIN 50.34% **FAT 31%** **CARBS 18.66%**

Properties

Glycemic Index:29.75, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:15.246521567521%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 198.31kcal (9.92%), Fat: 6.63g (10.21%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.39g (3.05%), Sugar: 4.76g (5.28%), Cholesterol: 74.22mg (24.74%), Sodium: 483.16mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.47%), Vitamin B1: 1.12mg (74.58%), Selenium: 35.53µg (50.76%), Vitamin B6: 0.9mg (45.1%), Vitamin B3: 7.74mg (38.69%), Phosphorus: 286.81mg (28.68%), Vitamin B2: 0.42mg (24.88%), Zinc: 2.21mg (14.75%), Potassium: 478.98mg (13.69%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.98mg (9.75%), Magnesium: 36.06mg (9.01%), Iron: 1.33mg (7.37%), Copper: 0.13mg (6.6%), Manganese: 0.1mg (4.89%), Vitamin E: 0.37mg (2.44%), Fiber: 0.59g (2.36%), Vitamin D: 0.34µg (2.27%), Calcium:

15.58mg (1.56%), Vitamin A: 55.45IU (1.11%), Folate: 4.37 μ g (1.09%)