



Smoky pork & black bean tacos

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp vegetable oil
- ☐ 0.5 onion red chopped
- ☐ 2 tsp ground cumin smoked
- ☐ 500 g ground pork lean
- ☐ 300 ml passata
- ☐ 5 tbsp barbecue sauce
- ☐ 400 g black bean garlic sauce drained canned
- ☐ 1 small bunch cilantro leaves chopped

- ☐ 8 taco shells
- ☐ 1 avocado ripe peeled sliced
- ☐ 0.5 lettuce shredded finely

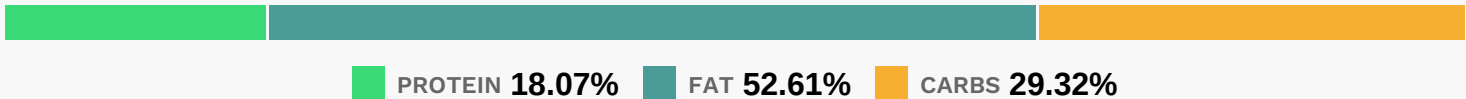
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a large frying pan, add the onion and cook for 5 mins until softened.
- ☐ Sprinkle over the spices and cook for 1 min more.
- ☐ Add the mince, breaking it up with the back of a wooden spoon, and stir until cooked through.
- ☐ Stir the passata and barbecue sauce into the pan along with 4 tbsp water. Increase the heat and allow the sauce to bubble and reduce until it clings to the meat.
- ☐ Add the beans, season and cook for a further 2 mins, then stir in the coriander.
- ☐ Heat the tacos following pack instructions.
- ☐ Use the pork and bean mix to fill the tacos, top with slices of avocado, shredded iceberg lettuce and a dollop of soured cream, if you like.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:10.33, Inflammation Score:-8, Nutrition Score:28.689565451249%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg, Myricetin: 0.04mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 757.66kcal (37.88%), Fat: 44.86g (69.01%), Saturated Fat: 13.02g (81.38%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 42.67g (15.52%), Sugar: 24.95g (27.73%), Cholesterol: 90mg (30%), Sodium: 405.23mg (17.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.35%), Vitamin B1: 1.07mg (71.12%), Fiber: 13.59g (54.34%), Selenium: 33.14µg (47.34%), Vitamin B6: 0.82mg (41.23%), Vitamin B3: 8.2mg (41.01%), Vitamin K: 42.38µg (40.36%), Phosphorus: 360.16mg (36.02%), Iron: 6.38mg (35.45%), Potassium: 1198.49mg (34.24%), Vitamin B2: 0.48mg (28.27%), Zinc: 3.96mg (26.41%), Manganese: 0.53mg (26.26%), Folate: 96.15µg (24.04%), Copper: 0.46mg (22.85%), Magnesium: 89.5mg (22.38%), Vitamin E: 3.33mg (22.19%), Vitamin C: 17.95mg (21.76%), Vitamin A: 1024.14IU (20.48%), Vitamin B5: 2.01mg (20.06%), Vitamin B12: 0.88µg (14.58%), Calcium: 94.75mg (9.47%)