



WHATSheATE



Spicy Green and Red Pork Loin Tostadas



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1.5 pound pork loin roast boneless trimmed
- ☐ 0.5 cup black beans drained and rinsed canned
- ☐ 0.5 cup corn kernels frozen thawed
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 1 cup salsa green
- ☐ 1 tablespoon ground pepper red
- ☐ 1 teaspoon hot sauce
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon oregano dried
- ☐ 0.5 cup apples diced red
- ☐ 1 cup bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 3 cups onion yellow chopped

Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ To prepare pork, combine first 4 ingredients in a small bowl. Rub pork loin with pepper mixture.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until meat thermometer registers 155; cool and shred with 2 forks.
- ☐ To prepare salsa, heat a nonstick skillet coated with cooking spray over medium-high heat. Saut onion and garlic for 2 minutes; add red bell pepper and next 5 ingredients (bell pepper through green salsa). Reduce heat to low; cook, stirring occasionally, for 20 minutes. Stir in apple and cilantro, and cook 5 minutes.
- ☐ Warm tortillas according to package directions.
- ☐ Place 1/2 cup pork and 1/2 cup salsa on each tortilla; sprinkle with 1 tablespoon cheese and top with desired toppings.

Nutrition Facts

PROTEIN 36.49% FAT 24.53% CARBS 38.98%

Properties

Glycemic Index:37.44, Glycemic Load:7, Inflammation Score:-9, Nutrition Score:18.103043338527%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg

Nutrients (% of daily need)

Calories: 265.15kcal (13.26%), Fat: 7.26g (11.17%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 21.13g (7.68%), Sugar: 6.76g (7.51%), Cholesterol: 59.89mg (19.96%), Sodium: 673.58mg (29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin B6: 0.89mg (44.39%), Selenium: 27.01µg (38.58%), Vitamin C: 31.66mg (38.37%), Phosphorus: 350.05mg (35.01%), Vitamin B1: 0.47mg (31.15%), Vitamin B3: 5.85mg (29.23%), Vitamin A: 1239.77IU (24.8%), Fiber: 4.82g (19.29%), Potassium: 650.59mg (18.59%), Manganese: 0.33mg (16.66%), Vitamin B2: 0.27mg (16.16%), Zinc: 2.39mg (15.95%), Magnesium: 60.48mg (15.12%), Calcium: 113.59mg (11.36%), Iron: 1.67mg (9.25%), Vitamin K: 9.69µg (9.23%), Folate: 36.07µg (9.02%), Vitamin B5: 0.89mg (8.95%), Vitamin B12: 0.49µg (8.21%), Copper: 0.16mg (8.12%), Vitamin E: 0.96mg (6.38%), Vitamin D: 0.38µg (2.55%)