



Sweet



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 small corn tortillas warmed
- ☐ 0.5 teaspoon ground chipotle pepper smoked plain canned (or paprika can be used as an alternative)
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pico de gallo your favorite (or salsa)
- ☐ 1 pound thinly-cut pork chops boneless cut into strips (1/)
- ☐ 1 cup romaine lettuce shredded

☐ 1 teaspoon wheat-free tamari gluten-free (for)

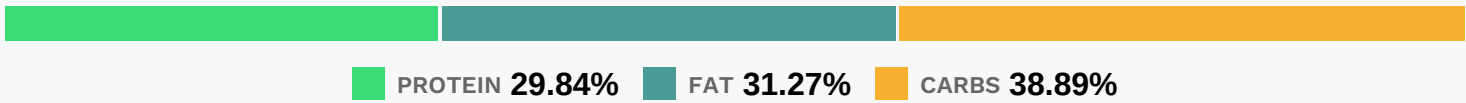
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Combine the honey, olive oil, lemon juice, soy sauce and ground chipotle pepper in a medium bowl, and whisk to combine.
- ☐ Add the sliced pork to the marinade and let it sit for 15 minutes.
- ☐ Heat a skillet over high heat.
- ☐ Add the slices of pork to the skillet and cook for 1 to 2 minutes on each side, flipping with tongs in the middle of the cooking process. Once cooked, remove the pork to a plate. Arrange the corn tortillas on a platter.
- ☐ Sprinkle each with equal amounts of shredded lettuce and pico de gallo. Arrange a few pieces of pork on top of each taco, and top with dairy-free sour cream, avocado, or guacamole, if desired.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:12.32, Inflammation Score:-8, Nutrition Score:19.305217203887%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 366.25kcal (18.31%), Fat: 12.93g (19.89%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 32.54g (11.83%), Sugar: 10.3g (11.44%), Cholesterol: 75.98mg (25.33%), Sodium: 565.6mg (24.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.51%), Selenium: 40.86µg (58.37%), Vitamin B1: 0.82mg (54.37%), Vitamin B3: 9.97mg (49.85%), Vitamin B6: 0.96mg (47.8%), Phosphorus: 426.09mg (42.61%), Vitamin A: 1369.25IU (27.39%), Magnesium: 69.72mg (17.43%), Zinc: 2.5mg (16.64%), Potassium: 560.82mg (16.02%), Vitamin B2: 0.26mg (15.19%), Fiber: 3.64g (14.54%), Vitamin K: 14.41µg (13.73%), Manganese: 0.21mg (10.59%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.91mg (9.11%), Iron: 1.44mg (8.01%), Copper: 0.16mg (7.79%), Vitamin E: 0.91mg (6.06%), Calcium: 55.49mg (5.55%), Vitamin C: 4.21mg (5.11%), Folate: 19.27µg (4.82%), Vitamin D: 0.45µg (3.02%)