



## Taco Pork Skillet

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**30**

CALORIES



**70 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup milk cheddar cheese 2% kraft
- 2 cups brown rice instant uncooked
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 1 cup pepper strips and zucchini green red
- 1 lb pork tenderloin cut into strips
- 1 env. taco bellâ® taco seasoning mix divided
- 1.8 cups water

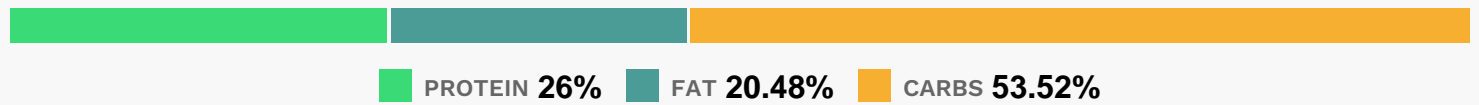
## Equipment

frying pan

## Directions

- Heat dressing in large skillet on medium-high heat.
- Add meat; sprinkle with half the seasoning mix. Stir-fry 2 min.
- Add vegetables, rice, water and remaining seasoning mix; mix well.
- Bring mixture to boil; cover. Simmer on medium heat 5 min.; top with cheese.
- Let stand, covered, 5 min.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:7.3317392035995%

## Nutrients (% of daily need)

Calories: 69.82kcal (3.49%), Fat: 1.69g (2.6%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.17g (0.19%), Cholesterol: 11.71mg (3.9%), Sodium: 35.44mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Manganese: 1.06mg (53.24%), Vitamin B1: 0.21mg (14.06%), Vitamin K: 13.51µg (12.87%), Selenium: 7.65µg (10.93%), Fiber: 2.11g (8.44%), Vitamin B3: 1.49mg (7.47%), Vitamin B6: 0.15mg (7.38%), Iron: 1.28mg (7.12%), Copper: 0.13mg (6.58%), Phosphorus: 64.74mg (6.47%), Calcium: 50.96mg (5.1%), Potassium: 168.05mg (4.8%), Magnesium: 19.07mg (4.77%), Vitamin B2: 0.08mg (4.42%), Folate: 17.5µg (4.38%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.1µg (1.64%), Vitamin A: 65.79IU (1.32%), Vitamin E: 0.15mg (1.02%)