



Tex-Mex Pork

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup avocado cubed
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 cups rice long-grain hot cooked
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed cut into 3/4-inch cubes
- ☐ 1.5 cups salsa fresh refrigerated
- ☐ 0.3 cup heavy whipping cream light sour
- ☐ 0.3 cup water

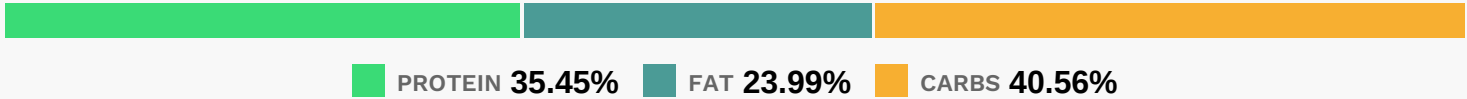
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; sprinkle with 3/4 teaspoon kosher salt and 3/4 teaspoon freshly ground black pepper. Saut for 8 minutes or until lightly browned.
- ☐ Add salsa and 1/4 cup water to pan; bring to a boil, reduce heat, and simmer 5 minutes or until slightly thickened.
- ☐ Serve pork mixture over rice; top with sour cream and avocado.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:24.17, Inflammation Score:-6, Nutrition Score:23.162608696067%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 320.07kcal (16%), Fat: 8.54g (13.13%), Saturated Fat: 2.43g (15.16%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 28.43g (10.34%), Sugar: 3.97g (4.42%), Cholesterol: 78.74mg (26.25%), Sodium: 1151.23mg (50.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.78%), Vitamin B1: 1.21mg (80.44%), Selenium: 42.31µg (60.44%), Vitamin B6: 1.2mg (60.12%), Vitamin B3: 9.49mg (47.46%), Phosphorus: 370.69mg (37.07%), Manganese: 0.59mg (29.45%), Vitamin B2: 0.48mg (28.46%), Potassium: 903.61mg (25.82%), Zinc: 2.98mg (19.9%), Vitamin B5: 1.86mg (18.6%), Magnesium: 65.12mg (16.28%), Fiber: 4.05g (16.2%), Copper: 0.28mg (14.17%), Vitamin E: 2.1mg (14%), Vitamin A: 558.26IU (11.17%), Vitamin B12: 0.64µg (10.65%), Iron: 1.88mg (10.46%), Vitamin K: 10.69µg (10.18%), Folate: 30.7µg (7.67%), Calcium: 66.89mg (6.69%), Vitamin C: 4.79mg (5.81%), Vitamin D: 0.26µg (1.7%)