



Watermelon Pork Tacos in Lettuce Shells

 Dairy Free

READY IN



71 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings leaves cut into 4-inch lengths to resemble taco shells
- ☐ 0.3 cucumber english seeded cut into 1/4-inch cubes
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 2 tablespoons garlic fresh minced
- ☐ 1 haas avocados pitted peeled cut into 1/4-inch cubes
- ☐ 2 pounds pork tenderloins 1-inch-thick trimmed cut into slices
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon onion powder

- ☐ 2 tablespoons oyster sauce
- ☐ 1 tablespoon pepper freshly ground
- ☐ 1 teaspoon pepper flakes red
- ☐ 2 tablespoons rice vinegar
- ☐ 4 large sturdy romaine-heart
- ☐ 1 tablespoon serrano chile minced seeded
- ☐ 0.3 teaspoon sesame oil toasted
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons soya sauce
- ☐ 1 cup watermelon cubes

Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine all the pork ingredients in a resealable plastic bag and marinate for 30 minutes. Meanwhile, for the salsa, whisk together the rice vinegar, olive oil, soy sauce and sesame oil in a medium bowl. Gently fold in the watermelon, cucumber and avocado. Refrigerate until chilled.
- ☐ Preheat a grill to medium heat.
- ☐ Remove the pork from the marinade, pat dry and grill for 2 minutes on one side. Turn and grill 1 more minute; remove from the heat and let rest 3 minutes before cutting into 1/2-inch pieces.
- ☐ Fill the lettuce "shells" with pork, top with salsa and devour!
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:84.92, Glycemic Load:7.8, Inflammation Score:-9, Nutrition Score:41.483478566875%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 567.59kcal (28.38%), Fat: 29.58g (45.5%), Saturated Fat: 5.55g (34.72%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 16.86g (6.13%), Sugar: 4.23g (4.7%), Cholesterol: 147.42mg (49.14%), Sodium: 1428.49mg (62.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.79g (105.57%), Vitamin B1: 2.39mg (159.6%), Vitamin B6: 2.1mg (104.99%), Selenium: 72.56µg (103.66%), Vitamin B3: 17.47mg (87.33%), Phosphorus: 675.35mg (67.54%), Vitamin A: 2941.57IU (58.83%), Vitamin B2: 0.94mg (55.26%), Vitamin K: 55.19µg (52.56%), Potassium: 1447.71mg (41.36%), Zinc: 5.21mg (34.7%), Manganese: 0.65mg (32.49%), Vitamin B5: 2.93mg (29.35%), Magnesium: 112.17mg (28.04%), Vitamin E: 3.89mg (25.91%), Fiber: 6.29g (25.14%), Folate: 96.98µg (24.24%), Iron: 4.05mg (22.53%), Copper: 0.45mg (22.41%), Vitamin B12: 1.19µg (19.89%), Vitamin C: 13.25mg (16.06%), Calcium: 74.59mg (7.46%), Vitamin D: 0.45µg (3.02%)