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## Overachiever Soft Taco with Pork & Black Beans ✦

The Overachiever Soft Taco is a delicious and filling taco recipe made with tender pork and flavorful black beans. It is a perfect option for a hearty and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|          |             |
|----------|-------------|
| 400 g    | pork        |
| 200 g    | Black Beans |
| 8 pieces | tortillas   |
| 100 g    | lettuce     |
| 100 g    | Tomatoes    |

|       |            |
|-------|------------|
| 100 g | Cheese     |
| 50 g  | Sour cream |
| 50 g  | Salsa      |
| 10 g  | Cilantro   |
| 10 g  | Lime       |

## Directions

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### Step 1

Stove

Cook the pork in a pan until it is fully cooked and tender.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

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### Step 2

Stove

Heat the black beans in a separate pan until they are heated through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Warm the tortillas in a dry skillet or on a grill until they are soft and pliable.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

## Step 4

Assemble the tacos by placing a spoonful of pork and black beans on each tortilla. Top with lettuce, tomatoes, cheese, sour cream, salsa, cilantro, and a squeeze of lime.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 40 g

## Nutrition Facts

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### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 30 g  | 176.47%                | 176.47%                  |

## Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 40 g  | 72.73%                 | 80%                      |
| Fibers        | 8 g   | 21.05%                 | 32%                      |
| Sugars        | 2 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g   | N/A                    | N/A                      |
| Saturated Fat       | 8 g   | 36.36%                 | 47.06%                   |
| Fat                 | 15 g  | 53.57%                 | 60%                      |
| Cholesterol         | 80 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient  | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11%                  | 1.43%                    |

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C   | 20 mg | 22.22%                 | 26.67%                   |
| Vitamin B6  | 1 mg  | 76.92%                 | 76.92%                   |
| Vitamin B12 | 1 mcg | 41.67%                 | 41.67%                   |
| Vitamin E   | 2 mg  | 13.33%                 | 13.33%                   |
| Vitamin D   | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 600 mg | 26.09%                 | 26.09%                   |
| Calcium   | 20 mg  | 2%                     | 2%                       |
| Iron      | 15 mg  | 187.5%                 | 83.33%                   |
| Potassium | 10 mg  | 0.29%                  | 0.38%                    |
| Zinc      | 2 mg   | 18.18%                 | 25%                      |
| Selenium  | 15 mcg | 27.27%                 | 27.27%                   |

## Recipe Attributes

### Cuisines

Mexican

Italian

### Course

Main Dishes

Snacks

Sauces & Dressings

## Diet

Anti-Inflammatory Diet

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

Oven

Stove

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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