



Adobo Grilled Pork Tacos with Cucumber-Radish Salsa

READY IN



35 min.

SERVINGS



24

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 ounce mild new mexico chiles dried divided
- 2 tablespoons cider vinegar
- 2 teaspoons cumin seeds
- 24 flour tortillas warmed
- 3 garlic cloves
- 0.3 teaspoon ground pepper red
- 24 servings garnishes: lime wedges fresh
- 1 tablespoon oregano dried

- 1.5 pound pork tenderloins
- 24 servings cucumber-radish salsa
- 0.3 teaspoon salt
- 8 ounce cup heavy whipping cream sour
- 1 teaspoon sugar

Equipment

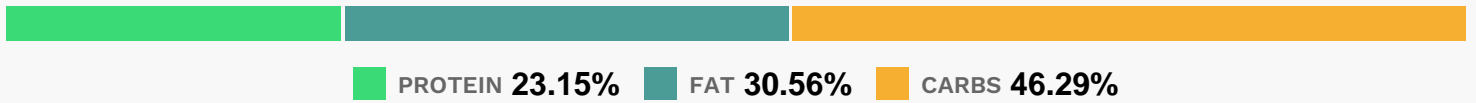
- food processor
- bowl
- frying pan
- blender
- grill
- kitchen thermometer
- ziploc bags

Directions

- Slice chiles in half lengthwise.
- Remove and discard stems and seeds.
- Place chiles in a bowl, and add boiling water to cover.
- Let stand 20 minutes or until chiles are softened.
- Drain chiles, reserving liquid.
- Cook cumin seeds in a skillet over medium heat 30 seconds.
- Add oregano, and cook, stirring constantly, 30 seconds or until cumin is toasted.
- Process cumin mixture, soaked chiles, 1 cup reserved liquid, garlic, and next 4 ingredients in a blender or food processor until smooth, adding more reserved liquid if needed.
- Place pork in a shallow dish or heavy-duty zip-top plastic bag.
- Pour half of chile mixture over meat. Cover or seal, and chill for 30 minutes.
- Remove pork from marinade, discarding marinade.

- Stir together sour cream and 1/2 cup Cucumber–Radish Salsa; cover and chill until ready to serve.
- Grill pork, covered with grill lid, over medium–high heat (350 to 400), turning occasionally and basting with reserved chile mixture, 20 minutes or until a meat thermometer inserted into thickest portion registers 16
- Remove from grill; let stand 10 minutes. Coarsely chop pork.
- Serve in warm tortillas with remaining Cucumber–Radish Salsa and sour cream mixture.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:4.95, Inflammation Score:-5, Nutrition Score:8.9547826544098%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.76kcal (7.89%), Fat: 5.36g (8.24%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.45g (5.98%), Sugar: 2.99g (3.32%), Cholesterol: 24mg (8%), Sodium: 473.31mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Vitamin B1: 0.45mg (29.77%), Selenium: 16.01µg (22.87%), Vitamin B3: 3.62mg (18.1%), Vitamin B6: 0.32mg (15.76%), Phosphorus: 151.18mg (15.12%), Vitamin B2: 0.21mg (12.4%), Manganese: 0.22mg (10.98%), Iron: 1.73mg (9.63%), Folate: 31.21µg (7.8%), Potassium: 260.36mg (7.44%), Fiber: 1.81g (7.24%), Calcium: 70.36mg (7.04%), Magnesium: 21.96mg (5.49%), Vitamin C: 4.53mg (5.49%), Zinc: 0.81mg (5.4%), Vitamin K: 5.31µg (5.06%), Vitamin A: 250.39IU (5.01%), Copper: 0.09mg (4.34%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.17µg (2.79%)