



Al Pastor Tacos with Roasted Tomatillo Avocado Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



555 min.

SERVINGS



8

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced ripe peeled
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon chili powder
- ☐ 2 chipotle chiles in adobo
- ☐ 8 servings corn tortillas for serving
- ☐ 1 leaves cilantro leaves fresh chopped
- ☐ 2 cups cilantro leaves fresh

- ☐ 1 clove garlic minced
- ☐ 1 tablespoon sea salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 jalapeño seeds removed and coarsely chopped
- ☐ 2 juice of lime
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings grilled lime wedges
- ☐ 8 servings olive oil extra-virgin
- ☐ 0.5 cup orange juice fresh
- ☐ 3 sprigs oregano fresh
- ☐ 0.5 pineapple cored peeled chopped cut into wedges
- ☐ 4 pound pork butt
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.5 onion sweet roughly chopped
- ☐ 48 ounces tomatillos husked
- ☐ 8 servings vegetable oil as needed
- ☐ 1 onion diced white roughly chopped finely
- ☐ 2 tablespoons vinegar white

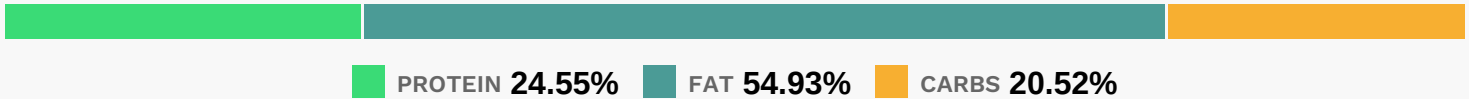
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ To a blender, add the orange juice, vinegar, chili powder, garlic, salt, cumin, paprika, chiles, adobo sauce, chopped onions and chopped pineapple. Blend until smooth.
- ☐ Pour the marinade into a large resealable bag, and add the pork butt and oregano. Refrigerate for at least 4 hours and up to 24 hours.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Remove the pork butt from the marinade and set onto a rack set in a roasting pan.
- ☐ Pour the chicken stock into the bottom of the pan and cover the dish with foil. Roast until an internal thermometer reads 185 degrees F, about 4 hours.
- ☐ Increase the oven temperature to 425 degrees F and cook for an additional 20 minutes to caramelize the pork.
- ☐ Remove from the oven and rest for 20 to 25 minutes.
- ☐ Meanwhile, preheat a grill to medium-high heat.
- ☐ Brush the pineapple wedges with vegetable oil, grill 2 to 3 minutes per side, and once cool enough to handle chop into a small dice.
- ☐ When ready to serve, carve the meat into 1/4- to 1/2-inch slices.
- ☐ Serve the pork in warmed corn tortillas; garnish with the remaining finely diced white onion, cilantro, lime wedges, diced grilled pineapple and Roasted Tomatillo Avocado Salsa.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Toss the tomatillos with olive oil, season with salt and pepper, and place on a baking sheet. Roast until nicely charred, about 10 minutes.
- ☐ Remove from the oven and set aside to cool.
- ☐ Combine the tomatillos, 1/4 cup water, cumin, salt, avocado, garlic, jalapenos, onions, lime juice and cilantro in a blender and puree until completely smooth.
- ☐ Place in the refrigerator and allow the sauce to settle before serving.

Nutrition Facts



Properties

Glycemic Index:58.9, Glycemic Load:10.33, Inflammation Score:-9, Nutrition Score:47.481304500414%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 773.41kcal (38.67%), Fat: 47.92g (73.73%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 31.05g (11.29%), Sugar: 16.67g (18.52%), Cholesterol: 136.98mg (45.66%), Sodium: 519.55mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.19g (96.39%), Vitamin B1: 1.48mg (98.84%), Selenium: 68.03µg (97.18%), Vitamin B6: 1.6mg (79.85%), Vitamin C: 64.15mg (77.75%), Vitamin B3: 15.05mg (75.23%), Vitamin K: 76.07µg (72.45%), Phosphorus: 658.69mg (65.87%), Vitamin B2: 1.06mg (62.51%), Zinc: 8.81mg (58.77%), Manganese: 1.08mg (53.9%), Potassium: 1649.44mg (47.13%), Vitamin B5: 4.44mg (44.4%), Vitamin E: 5.71mg (38.04%), Fiber: 9.22g (36.87%), Vitamin B12: 2.06µg (34.4%), Magnesium: 130.74mg (32.68%), Iron: 5.62mg (31.25%), Copper: 0.59mg (29.69%), Vitamin A: 964.15IU (19.28%), Folate: 63.52µg (15.88%), Calcium: 110.32mg (11.03%), Vitamin D: 1.36µg (9.07%)