



Cecina Enchilada (Adobo Marinated Pork Cutlets)

 Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces ancho chili pepper dried
- 4 servings avocado sliced
- 4 servings crema mexicana
- 0.5 tablespoon cumin seeds whole
- 1 teaspoon thyme sprigs fresh
- 1 teaspoon ground cinnamon
- 4 servings kosher salt

- 4 servings lime wedges
- 0.5 tablespoon oregano dried
- 32 ounce pork cutlets
- 3 cloves roasted garlic
- 4 servings salsa
- 4 servings tortillas
- 1 ounce vinegar white
- 2 allspice whole

Equipment

- bowl
- frying pan
- blender
- grill

Directions

- Clean, seed, and dry-roast chiles on a comal or in cast-iron skillet over medium heat until they are fragrant and slightly toasted, being careful not to burn them.
- Transfer to a small bowl of hot water and soak until softened, 30 minutes.
- On a comal or in a cast-iron skillet over moderate heat, dry-roast the cloves, allspice, cumin, oregano, thyme, and cinnamon, being careful not to burn them.
- In a blender, combine the chiles with the roasted spices.
- Add the vinegar and roasted garlic, and process until smooth, adding water as needed. Season to taste with salt.
- Marinate the pork cutlets in the chile paste for at least 8 hours.
- Grill the pork cutlets and serve immediately with lime, crema fresca, sliced avocado, salsa, and tortillas.

Nutrition Facts



■ PROTEIN 34.34% ■ FAT 37.76% ■ CARBS 27.9%

Properties

Glycemic Index:65.25, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:49.05347857268%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 678.93kcal (33.95%), Fat: 29.13g (44.82%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 31.2g (11.34%), Sugar: 15.2g (16.89%), Cholesterol: 157.64mg (52.55%), Sodium: 832.48mg (36.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.61g (119.21%), Vitamin A: 7922.68IU (158.45%), Selenium: 87.06µg (124.37%), Vitamin B3: 24.73mg (123.63%), Vitamin B1: 1.83mg (122.32%), Vitamin B6: 2.32mg (115.8%), Phosphorus: 709.3mg (70.93%), Fiber: 17.23g (68.91%), Vitamin B2: 1.01mg (59.32%), Potassium: 2050.13mg (58.58%), Vitamin K: 59.3µg (56.48%), Manganese: 0.77mg (38.65%), Vitamin B5: 3.49mg (34.91%), Magnesium: 132.88mg (33.22%), Zinc: 4.86mg (32.39%), Folate: 126.92µg (31.73%), Iron: 5.55mg (30.84%), Vitamin C: 21.41mg (25.96%), Vitamin E: 3.8mg (25.33%), Copper: 0.46mg (22.95%), Vitamin B12: 1.16µg (19.28%), Calcium: 142.13mg (14.21%), Vitamin D: 0.68µg (4.54%)