



Chile-Marinated Pork Sandwiches on Cemita Rolls

READY IN



45 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 oz ancho chili pepper dried
- ☐ 2 avocado ripe
- ☐ 0.3 teaspoon peppercorns black
- ☐ 4 chipotles in adobo canned finely chopped
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 stick cinnamon (1/2- by 1/4-inch)
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 cup cilantro leaves fresh

- ☐ 2 large garlic clove quartered
- ☐ 1.5 oz guajillo chiles* dried
- ☐ 1 teaspoon oregano dried crumbled (preferably Mexican)
- ☐ 1 large plum tomatoes thinly sliced
- ☐ 4 pork chops thin () (1 lb total)
- ☐ 1 teaspoon salt
- ☐ 6 oz individual string cheese sticks shredded with your fingers (1 1/2 cups) finely
- ☐ 4 hotdog buns
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 large onion white thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ wax paper
- ☐ rolling pin
- ☐ tongs
- ☐ meat tenderizer

Directions

- ☐ Discard chile stems and cut guajillo and ancho chiles open lengthwise with kitchen shears. Discard seeds and ribs.
- ☐ Heat a dry 10- to 12-inch heavy skillet or griddle over moderate heat until hot, then toast chiles, a few at a time, turning and pressing down with tongs, until softened and fragrant,

about 10 seconds per side.

- ☐ Transfer chiles to a bowl, then cover with hot water and soak until softened, about 20 minutes.
- ☐ Trim fat and sinews from pork and pound between 2 sheets of wax paper with flat side of a meat pounder or with a rolling pin until meat is about 1/8 inch thick.
- ☐ Heat skillet over low heat until hot then toast cumin, peppercorns, clove, and cinnamon, stirring constantly, until fragrant and cumin is a shade darker, about 1 minute.
- ☐ Transfer hot spices to a blender and add vinegar, garlic, oregano, salt, and soaked chiles with about 1/3 cup soaking water, then blend until smooth.
- ☐ Transfer half of chile paste to an airtight container and chill or freeze for another use, then put remainder in a small bowl.
- ☐ Spread a thin layer of chile paste in middle of a sheet of plastic wrap large enough to wrap all of meat and put 1 pork chop over paste.
- ☐ Spread a thin layer of chile paste on top, then continue layering meat, spreading each piece with chile paste. Wrap stacked pork in plastic wrap and marinate, chilled, at least 2 hours.
- ☐ Heat 1 1/2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Season pork chops with salt and sauté, in batches, adding more oil as necessary, until just cooked through, 1 to 2 minutes per side.
- ☐ Transfer chops as cooked to a sheet of foil and keep warm wrapped in foil.
- ☐ Preheat broiler.
- ☐ Cut rolls in half horizontally and arrange, cut sides up, on a large baking sheet. Broil buns about 6 inches from heat until golden, about 1 minute.
- ☐ Halve, pit, and lightly mash avocados in peel with a fork, then spread thickly on cut sides of rolls. Season avocado with salt, then top with papalo. Make sandwiches with pork, cheese, chipotles (if using), onion, and tomato, pressing sandwiches together.
- ☐ * Available at Latino markets and Chile Today—Hot Tamale (800-468-7377).
- ☐ ** Available at Mexican bakeries.
- ☐ *** Available at Mexican markets.
- ☐ Pork can be marinated up to 2 days.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:14.24, Inflammation Score:-10, Nutrition Score:39.563912484957%

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 Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 744.41kcal (37.22%), Fat: 42.62g (65.57%), Saturated Fat: 12.28g (76.76%), Carbohydrates: 48.12g (16.04%), Net Carbohydrates: 33.68g (12.25%), Sugar: 11.89g (13.21%), Cholesterol: 112.74mg (37.58%), Sodium: 1213.73mg (52.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.27g (92.55%), Vitamin A: 4194.18IU (83.88%), Selenium: 57.22µg (81.75%), Vitamin B1: 1.23mg (81.67%), Vitamin B3: 15.65mg (78.27%), Vitamin B6: 1.44mg (71.88%), Vitamin K: 62.36µg (59.39%), Fiber: 14.43g (57.73%), Phosphorus: 436.56mg (43.66%), Manganese: 0.82mg (41.02%), Vitamin B2: 0.69mg (40.75%), Potassium: 1408.5mg (40.24%), Folate: 137.07µg (34.27%), Vitamin B5: 2.57mg (25.74%), Iron: 4.51mg (25.05%), Vitamin E: 3.63mg (24.21%), Vitamin C: 19.64mg (23.8%), Magnesium: 94.36mg (23.59%), Zinc: 3.31mg (22.07%), Copper: 0.38mg (19.15%), Calcium: 150.31mg (15.03%), Vitamin B12: 0.8µg (13.25%), Vitamin D: 0.54µg (3.57%)