



Coffee Rubbed Roasted Pork Belly Tacos



Gluten Free



Popular

READY IN



100 min.

SERVINGS



8

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili de arbol powder
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon chipotle chili powder
- ☐ 0.3 cup cilantro leaves
- ☐ 1 teaspoon coriander toasted
- ☐ 12 small corn tortillas
- ☐ 1 teaspoon cumin toasted
- ☐ 1 tablespoon ground coffee

- ☐ 1 cup mexican pickled onions red
- ☐ 1 teaspoon oregano dried
- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon pepper
- ☐ 2 pound pork belly boneless dry
- ☐ 0.5 cup queso fresco (or feta)
- ☐ 2 cups grilled pineapple salsa
- ☐ 1 teaspoon salt

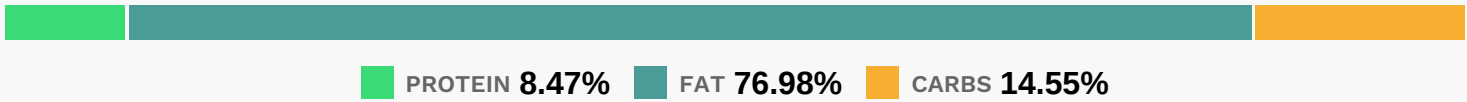
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Mix the coffee, chili powders, paprika, cumin, coriander, brown sugar, oregano, salt and pepper and rub it all over the pork.
- ☐ Place the pork into an roasting pan and roast in a preheated 400F oven for 30 minutes, reduce the heat to 350F and roast for another hour.
- ☐ Remove from oven and let rest for 10 minutes before slicing.Slice, assemble tacos and enjoy.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:8.01, Inflammation Score:-8, Nutrition Score:15.210869441862%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 736.34kcal (36.82%), Fat: 63.5g (97.7%), Saturated Fat: 23.15g (144.71%), Carbohydrates: 27g (9%), Net Carbohydrates: 22.12g (8.05%), Sugar: 5.7g (6.33%), Cholesterol: 86.91mg (28.97%), Sodium: 847.47mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.45%), Vitamin B1: 0.53mg (35.21%), Vitamin B3: 6.86mg (34.3%), Phosphorus: 308.75mg (30.88%), Vitamin A: 1135.32IU (22.71%), Vitamin B2: 0.37mg (21.5%), Vitamin B6: 0.42mg (20.97%), Selenium: 13.92µg (19.89%), Fiber: 4.88g (19.51%), Vitamin B12: 1.08µg (18.01%), Manganese: 0.32mg (16.04%), Potassium: 547.15mg (15.63%), Zinc: 2.12mg (14.16%), Vitamin E: 1.99mg (13.28%), Magnesium: 51.41mg (12.85%), Calcium: 117.14mg (11.71%), Iron: 2.02mg (11.22%), Copper: 0.2mg (9.79%), Vitamin K: 8.58µg (8.17%), Vitamin B5: 0.55mg (5.54%), Vitamin C: 3.42mg (4.15%), Folate: 11.85µg (2.96%), Vitamin D: 0.21µg (1.37%)