

DINNER

Grilled Pork Tacos al Pastor

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
565 min	30 min	25 min	16	\$2.31	400 kcal



The recipe Grilled Pork Tacos al Pastor could satisfy your Mexican craving in roughly 9 hours and 25 minutes. This recipe serves 16. One serving contains 400 calories, 54g of protein, and 17g of fat. For \$2.31 per serving, this recipe covers 34% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups shredded cabbage, divided

☐ 3 dried guajillo chilies, seeds discarded

☐ 1 teaspoon ground dried chipotle pepper

☐ 1 pinch ground cumin, or to taste

☐ 16 low-carb tortillas (such as La Tortilla Factory Smart & Delicious®)
- ☐ 2 dried pasilla chiles, seeds discarded

☐ 4 cloves garlic

☐ 1 teaspoon ground cinnamon

☐ 1 large jalapeno pepper, thinly sliced - or to taste

☐ 16 slices Monterey Jack cheese, divided

☐ 1 pinch dried oregano, or to taste

☐ ¾ cup pineapple juice

☐ 2 pork tenderloins, membranes (silver skin) removed

☐ ½ cup roasted tomato salsa, divided

☐ ½ teaspoon salt, or to taste

☐ 1 teaspoon vegetable oil

☐ 1 tablespoon white vinegar

EQUIPMENT Bowl, Frying pan, Blender, Grill, Kitchen thermometer, Ziploc bags, Tongs

Method

- 1 Place dried guajillo and pasilla chiles into a bowl and pour in boiling water to cover.
- 2 Let chiles stand 30 minutes to soften.
- 3 Cut pork tenderloins in half crosswise and in half again lengthwise again to make 8 long strips.
- 4 Drain water from chiles and pour in pineapple juice and vinegar.
- 5 Add garlic cloves, chipotle pepper, cinnamon, cayenne pepper, cumin, and oregano.
- 6 Transfer chile mixture to a blender and blend to make a smooth marinade.
- 7 Place pork into a resealable plastic bag and pour marinade over pork; knead bag several times to coat pork. Squeeze out excess air and seal the bag. Refrigerate overnight.
- 8 Preheat outdoor grill (preferably charcoal) for high heat and lightly oil the grate.
- 9 Remove pork from bag and drain and discard marinade; transfer pork to a platter.
- 10 Drizzle meat with 1 tablespoon vegetable oil and season with salt. Use tongs to gently stir pork pieces to coat lightly with oil.
- 11 Cook pork strips on preheated grill until meat shows good grill marks and is lightly pink in the center, 7 to 8 minutes per side. An instant-read meat thermometer inserted into the center of the largest piece should read at least 145 degrees F (65 degrees C).
- 12 Transfer pork to a fresh platter.
- 13 Drizzle a nonstick skillet with 1 teaspoon vegetable oil and place over medium heat.
- 14 Lay a tortilla into the hot oil and place 1 slice of Monterey Jack cheese into center of the tortilla. Cook until tortilla is hot, lightly browned on the bottom, and cheese has melted, 1 to 2 minutes. Repeat with remaining tortillas and cheese slices.

- 15 Transfer each tortilla to a plate.
- 16 Slice pork strips across the grain into pieces about 1/4 inch thick. Divide shredded cabbage onto each tortilla and top each with about 6 slices of pork, 1 tablespoon roasted tomato salsa, and a few slices of jalapeno pepper. Fold taco over fillings to eat.

Nutrition per serving

400
KCAL

54 g
PROTEIN

17 g
FAT

5 g
CARBS

Saturated Fat	8.1 g · 51% of daily needs
Fibre	1.1 g · 4% of daily needs
Sugar	2.6 g · 3% of daily needs
Sodium	424 mg · 18% of daily needs
Cholesterol	172 mg · 57% of daily needs
Vitamin C	26 mg · 31% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-pork-tacos-al-pastor-148285