



## Grilled Tacos al Pastor

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 fully avocado ripe
- 8 pasilla chiles dried stemmed seeded
- 2 4-inch doz. corn tortillas mini ( )
- 0.3 cup cilantro leaves fresh chopped
- 0.3 tsp ground cumin
- 8 guajillo chiles stemmed seeded
- 0.7 cup 2/3 cup kraft zesty italian dressing italian kraft
- 2 limes cut into wedges

- 2 Tbsp real mayo mayonnaise kraft
- 0.3 cup onions chopped
- 1 cup pineapple chunks fresh ()
- 1.5 lb boston butt pork shoulder cut into thin slices, then into 1/2-inch-wide strips
- 1 serrano chile stemmed seeded

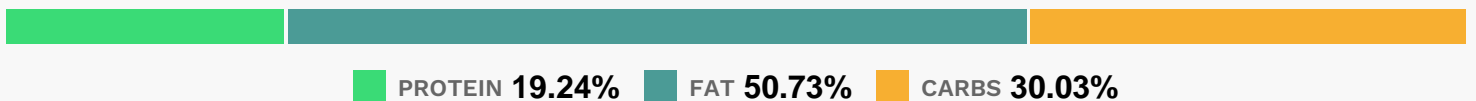
## Equipment

- bowl
- sieve
- blender
- grill
- skewers

## Directions

- Heat grill to medium-high heat.
- Blend first 4 ingredients in blender until smooth. Press through wire mesh strainer into medium bowl.
- Add meat; mix lightly.
- Thread meat onto 24 skewers.
- Add pineapple. Grill 5 min. or until meat is done, turning occasionally. Meanwhile, blend avocado, mayo and serrano chile in blender until smooth.
- Remove meat and pineapple from skewers; place on tortillas. Top with avocado mixture, onions and cilantro; roll up.
- Serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:14.07, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:7.50086952373339%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 100.19kcal (5.01%), Fat: 5.88g (9.05%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.39g (4.88%), Cholesterol: 14.48mg (4.83%), Sodium: 107.1mg (4.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.02g (10.04%), Vitamin C: 30.98mg (37.55%), Vitamin B1: 0.22mg (14.87%), Vitamin K: 13.78µg (13.12%), Vitamin B6: 0.24mg (11.98%), Vitamin A: 592.3IU (11.85%), Selenium: 6.67µg (9.52%), Vitamin B3: 1.5mg (7.49%), Fiber: 1.84g (7.37%), Vitamin B2: 0.12mg (6.89%), Potassium: 241.25mg (6.89%), Phosphorus: 66.15mg (6.62%), Zinc: 0.83mg (5.53%), Copper: 0.09mg (4.44%), Magnesium: 16.73mg (4.18%), Vitamin E: 0.62mg (4.16%), Folate: 16.04µg (4.01%), Iron: 0.72mg (4.01%), Vitamin B5: 0.38mg (3.84%), Manganese: 0.08mg (3.78%), Vitamin B12: 0.18µg (2.93%), Calcium: 14.69mg (1.47%)