



HEALTH SCORE

59%

Home-style Tacos al Pastor (Chile and Pineapple Pork Tacos)



Gluten Free



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings goya adobo with pepper, to taste
- ☐ 5 goya ancho chiles
- ☐ 1 chipotle pepper from a can of goya chipotle chile in adobo sauce canned
- ☐ 10 ounce goya corn tortillas warmed
- ☐ 1 teaspoon goya cumin
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 tablespoons goya garlic minced

- ☐ 5 goya guajillo chiles
- ☐ 1 lime cut into wedges
- ☐ 20 ounce goya pineapple chunks canned
- ☐ 2.5 pound pork butt boneless skinless cut into 1/2-inch cubes
- ☐ 2 tablespoons goya vegetable oil
- ☐ 0.3 cup goya vinegar white
- ☐ 1 medium onion white halved

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

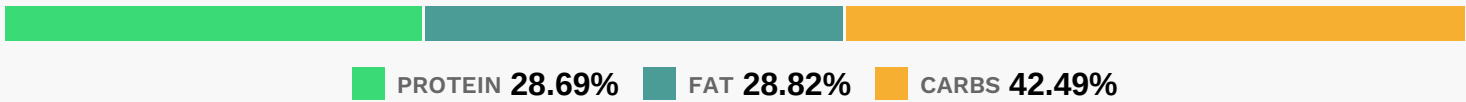
Directions

- ☐ Bring 2 cups water to boil in medium saucepan over medium-high heat.
- ☐ Add guajillo and pasilla chiles. Reduce heat to medium-low and simmer until chiles soften, about 10 minutes; transfer to plate.
- ☐ Remove and discard stem and seeds. Meanwhile, coarsely chop one onion half; reserve remaining half. Strain pineapples; reserve juice and fruit separately.
- ☐ Transfer guajillo, pasilla and chipotle chiles, chopped onion half, reserved pineapple juice, vinegar, garlic and cumin to bowl of food processor. Puree until smooth, about 2 minutes.
- ☐ Transfer chile mixture to saucepan over medium-high heat. Bring chile mixture to a boil; cook until paste loses raw onion taste, about 2 minutes. Season with Adobo; cool. In large container with lid, or in large zip-top bag, combine pork cubes, cooled chile marinade and reserved pineapple chunks; transfer to refrigerator. Marinate at least 2 hours, or up to 24 hours.
- ☐ Heat oil in large skillet over medium-high heat. Strain pork and pineapples, discarding marinade.
- ☐ Add pork and pineapples to skillet. Cook in batches until dark golden brown on all sides and cooked through, about 15 minutes; transfer to large serving plate.
- ☐ Meanwhile, finely slice remaining onion half.

- ☐
- Transfer sliced onion to bowl with cilantro.

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Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:10.05, Inflammation Score:-10, Nutrition Score:41.978695330412%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 577.6kcal (28.88%), Fat: 19.03g (29.27%), Saturated Fat: 5.01g (31.33%), Carbohydrates: 63.12g (21.04%), Net Carbohydrates: 48.64g (17.69%), Sugar: 28.57g (31.75%), Cholesterol: 113.4mg (37.8%), Sodium: 349.02mg (15.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.62g (85.23%), Vitamin A: 8568.04IU (171.36%), Selenium: 58.3µg (83.28%), Vitamin B1: 1.24mg (82.74%), Vitamin B6: 1.48mg (74.02%), Vitamin B2: 1.17mg (69.1%), Vitamin B3: 12.13mg (60.67%), Phosphorus: 601.7mg (60.17%), Fiber: 14.48g (57.91%), Zinc: 7.49mg (49.9%), Potassium: 1503.31mg (42.95%), Vitamin K: 44.41µg (42.29%), Vitamin B5: 3.38mg (33.83%), Magnesium: 122.77mg (30.69%), Iron: 5.46mg (30.34%), Vitamin C: 24.51mg (29.71%), Vitamin B12: 1.72µg (28.66%), Manganese: 0.53mg (26.43%), Copper: 0.47mg (23.32%), Vitamin E: 2.05mg (13.7%), Calcium: 112.08mg (11.21%), Vitamin D: 1.13µg (7.56%), Folate: 28.1µg (7.03%)