



Pork Kebabs al Pastor

 **Gluten Free**  **Dairy Free**

READY IN



1500 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chilies dried
- 2 pounds pork shoulder boneless cut into 1 1/2-inch chunks
- 0.3 cup cilantro leaves chopped
- 16 6-inch corn tortillas ()
- 2 large garlic clove smashed
- 0.5 teaspoon ground cumin
- 1 teaspoon oregano dried
- 1 cup pineapple fresh chopped

- 3 cups pineapple chunks fresh (1-inch)
- 1 pound tomatoes halved (4 medium)
- 2 tablespoons vegetable oil
- 3 tablespoons water
- 0.5 cup vinegar white
- 1 large onion white cut into 1 1/2-inch pieces

Equipment

- bowl
- frying pan
- blender
- baking pan
- grill
- aluminum foil
- broiler
- skewers
- tongs

Directions

- Heat a dry small heavy skillet over medium heat until hot, then toast chiles, turning and pressing with tongs, until more pliable and slightly changed in color, about 30 seconds. Stem chiles.
- Purée 1 chile (reserve remainder for salsa) in a blender with pineapple, vinegar, oil, garlic, oregano, cumin, and 1 3/4 tsp salt, then transfer to a bowl.
- Preheat broiler.
- Oil a small baking pan, then add tomatoes and onion. Broil 4 to 6 inches from heat, turning occasionally, until tomatoes are wilted, skins are blistered, and onions begin to soften and are charred in spots, 16 to 18 minutes.
- Transfer to blender.
- Add remaining 2 toasted chiles, water, and 1 tsp salt and purée until smooth.

- Add cilantro and 1/2 cup pineapple basting sauce and pulse until cilantro is finely chopped.
- Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high heat for gas).
- Toss pork with half of remaining pineapple basting sauce, then thread pork, onion, and pineapple onto skewers, leaving small spaces between pieces. Put on a tray. Wrap tortillas in 2 separate foil packages.
- Oil grill rack, then grill skewers, covered only if using a gas grill, turning and basting frequently with remaining sauce (do not baste during last 3 minutes), until pork is cooked through, 8 to 10 minutes.
- Transfer to a platter and keep warm, covered.
- Heat tortillas (in foil) on grill, turning once, until warmed through, about 3 minutes total.
- Remove pork, pineapple, and onion from skewers.
- Serve wrapped in tortillas with salsa and other accompaniments.

Nutrition Facts



■ **PROTEIN 31.64%**
■ **FAT 21.53%**
■ **CARBS 46.83%**

Properties

Glycemic Index:49.36, Glycemic Load:16.69, Inflammation Score:-8, Nutrition Score:32.70826049473%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 499.36kcal (24.97%), Fat: 12.06g (18.56%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 59.05g (19.68%), Net Carbohydrates: 51.16g (18.6%), Sugar: 23.38g (25.98%), Cholesterol: 90.72mg (30.24%), Sodium: 120.95mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.89g (79.78%), Vitamin B3: 16.57mg (82.84%), Vitamin B1: 1.23mg (81.77%), Vitamin B6: 1.47mg (73.66%), Selenium: 44.15µg (63.07%), Phosphorus: 604.25mg (60.42%), Vitamin B2: 0.81mg (47.67%), Vitamin C: 37.06mg (44.92%), Manganese: 0.68mg (33.8%), Potassium: 1112.58mg (31.79%), Fiber: 7.89g (31.57%), Magnesium: 123.53mg (30.88%), Zinc: 4.22mg (28.11%), Copper: 0.44mg (22.2%), Vitamin B12: 1.32µg (21.92%), Vitamin K: 19.87µg (18.92%), Iron: 3.15mg (17.5%), Vitamin B5: 1.73mg (17.32%), Vitamin A: 825.8IU (16.52%), Calcium: 113.3mg (11.33%), Vitamin E: 1.22mg (8.13%), Folate: 31.8µg (7.95%)