



WHATSheATE



Robb Walsh's Tacos al Pastor



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon annatto powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 pounds pork loin boneless thinly sliced
- ☐ 1 teaspoon pepper flakes
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup sea salt
- ☐ 1 pinch ground cumin
- ☐ 12 servings onion mixed with lime juice chopped

- ☐ 2 cups orange juice freshly squeezed
- ☐ 1 teaspoon oregano dried
- ☐ 12 servings picante sauce
- ☐ 0.5 pineapple thick cored peeled cut into long, strips
- ☐ 12 servings salt
- ☐ 12 tortillas warmed

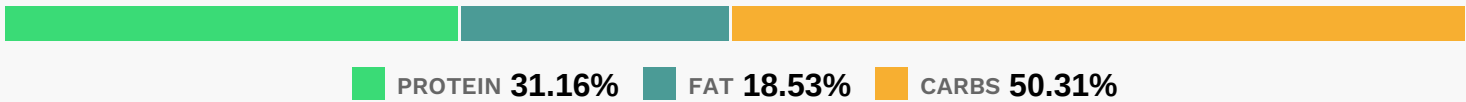
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a medium bowl, combine the garlic, vinegar, oregano, chile powder, black pepper, cumin, salt to taste, orange juice, and achiote paste, if using.
- ☐ Add the pork slices and turn to coat both sides. Marinate for at least 1 hour.
- ☐ Heat the grill.
- ☐ Place the meat over hot coals and cook, turning once and basting with any leftover marinade during cooking, until crisp. At the same time, grill the pineapple strips, turning as needed, until lightly browned.
- ☐ To assemble, chop the grilled pork into 1/4-inch pieces.
- ☐ Cut the pineapple into 1/2-inch pieces.
- ☐ Place the pork on the warmed tortillas and top with onions and cilantro and pineapple pieces.
- ☐ Serve the picante sauce on the side.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:10.8, Inflammation Score:-7, Nutrition Score:18.745651918909%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 277.96kcal (13.9%), Fat: 5.76g (8.87%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 31.48g (11.45%), Sugar: 12.01g (13.34%), Cholesterol: 47.63mg (15.88%), Sodium: 667.69mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.61%), Vitamin C: 44.03mg (53.37%), Vitamin B6: 0.86mg (42.77%), Selenium: 29.47µg (42.1%), Vitamin B1: 0.61mg (40.77%), Manganese: 0.7mg (34.92%), Vitamin B3: 6.5mg (32.5%), Phosphorus: 289.37mg (28.94%), Potassium: 672.43mg (19.21%), Vitamin B2: 0.28mg (16.71%), Folate: 61.95µg (15.49%), Fiber: 3.74g (14.94%), Iron: 2.31mg (12.83%), Zinc: 1.9mg (12.66%), Magnesium: 50.35mg (12.59%), Copper: 0.21mg (10.37%), Vitamin B5: 0.94mg (9.45%), Calcium: 86.28mg (8.63%), Vitamin B12: 0.39µg (6.43%), Vitamin A: 267.06IU (5.34%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.3µg (2.02%)