



## Tacos Al Pastor

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon canola oil
- 1 tablespoon chili powder mexican-style
- 6 8-inch flour tortillas warmed soft ()
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic chopped
- 1 teaspoon ground cumin
- 1 medium onion chopped
- 1 teaspoon oregano dried

- 1 teaspoon pepper
- 8 oz pineapple tidbits in juice drained canned
- 1 pound pork tenderloin cut into 1/2-inch cubes
- 1 leaves toppings: radishes fresh crumbled chopped
- 0.8 teaspoon salt

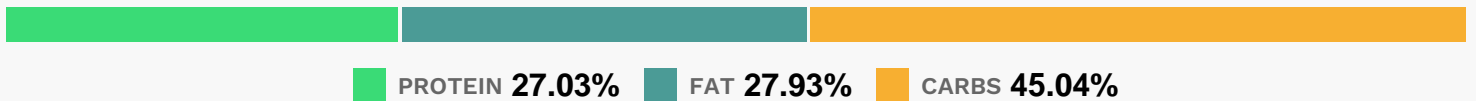
## Equipment

- frying pan

## Directions

- Combine pork and next 9 ingredients in a large zip-top plastic freezer bag. Seal and chill 4 to 24 hours.
- Cook pork mixture in hot oil in a large nonstick skillet over medium-high heat, stirring often, 10 minutes or until pork is done.
- Serve mixture with warm tortillas and desired toppings.
- Note: For testing purposes only, we used McCormick Gourmet Collection Mexican-Style Chili Powder.
- Spicy Chicken-Pineapple Tacos: Substitute 1 lb. skinned and boned chicken thighs, chopped, for pork tenderloin. Proceed with recipe as directed.
- Per taco with flour tortilla and 1/2 cup chicken mixture (not including toppings): Calories 230; Fat 4g (sat 3g, mono 5g, poly 1g); Protein 5g; Carb 7g; Fiber 8g; Chol 50mg; Iron 8mg; Sodium 564mg; Calc 62mg

## Nutrition Facts



## Properties

Glycemic Index:13.13, Glycemic Load:3.37, Inflammation Score:-4, Nutrition Score:7.3586956573569%

## Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## **Nutrients (% of daily need)**

Calories: 122.03kcal (6.1%), Fat: 3.77g (5.81%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 12.36g (4.49%), Sugar: 3.28g (3.64%), Cholesterol: 19.66mg (6.55%), Sodium: 291.81mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.43%), Vitamin B1: 0.42mg (28.1%), Selenium: 13.97µg (19.96%), Vitamin B3: 3.03mg (15.16%), Vitamin B6: 0.28mg (14%), Phosphorus: 121.83mg (12.18%), Vitamin B2: 0.17mg (10.1%), Manganese: 0.16mg (7.84%), Iron: 1.34mg (7.47%), Folate: 22.04µg (5.51%), Potassium: 192.6mg (5.5%), Fiber: 1.34g (5.36%), Zinc: 0.74mg (4.93%), Vitamin K: 4.92µg (4.69%), Magnesium: 17.66mg (4.42%), Calcium: 42.08mg (4.21%), Copper: 0.08mg (3.89%), Vitamin A: 193.65IU (3.87%), Vitamin E: 0.48mg (3.18%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.16µg (2.62%), Vitamin C: 2.13mg (2.59%)