



Tacos al Pastor



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound pork loin boneless cut into 1/2-inch slices
- ☐ 0.3 cup guajillo chile powder
- ☐ 2 small chipotle chiles and 1 to 2 teaspoons adobo from chipotle chiles in adobo canned
- ☐ 2 teaspoons coarse kosher salt
- ☐ 8 servings corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves halved
- ☐ 1 teaspoon ground cumin

- ☐ 8 servings lime wedges
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon oregano dried (preferably Mexican)
- ☐ 1 pineapple peeled
- ☐ 8 servings smoky two-chile salsa
- ☐ 0.3 cup distilled vinegar white
- ☐ 1 large onion white halved

Equipment

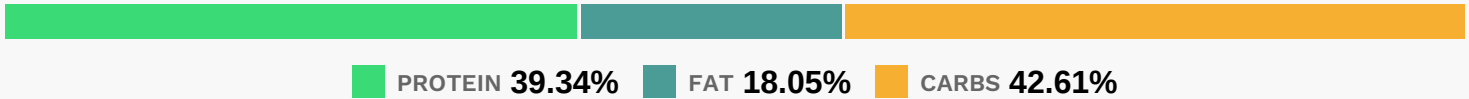
- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Coarsely chop 1 onion half. Coarsely chop 2 pineapple rounds, discarding core; cover and chill remaining pineapple.
- ☐ Place chopped onion and chopped pineapple in blender.
- ☐ Add orange juice and next 7 ingredients; puree marinade until smooth.
- ☐ Place pork in large resealable plastic bag.
- ☐ Add marinade and seal bag, releasing excess air. Turn to coat. Chill at least 4 hours and up to 1 day.
- ☐ Prepare barbecue (medium-high heat). Grill remaining pineapple until warm and slightly charred, 4 to 6 minutes per side. Grill pork with some marinade still clinging until slightly charred and cooked through, 2 to 4 minutes per side.
- ☐ Transfer pineapple and pork to work surface; chop pineapple into 1/2-inch cubes, discarding cores. Chop pork.
- ☐ Transfer to platter; toss to combine.
- ☐ Meanwhile, finely chop remaining onion half and place in medium bowl.

- ☐ Add cilantro; toss to combine. Grill tortillas until warm and slightly charred, about 10 seconds per side.
- ☐ Serve pork–pineapple mixture with onion–cilantro relish, Smoky Two–Chile Salsa, and lime wedges.
- ☐ To make your own guajillo chile powder, finely grind about 6 large dried seeded guajillo chiles in a spice mill to yield about 1/4 cup powder.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:14.14, Inflammation Score:-9, Nutrition Score:30.017391028612%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 355.68kcal (17.78%), Fat: 7.25g (11.15%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 31.66g (11.51%), Sugar: 18.03g (20.03%), Cholesterol: 89.3mg (29.77%), Sodium: 882.33mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.09%), Vitamin C: 66.94mg (81.14%), Vitamin B6: 1.42mg (70.88%), Manganese: 1.31mg (65.71%), Selenium: 41.85µg (59.79%), Vitamin B1: 0.79mg (52.43%), Vitamin B3: 10.22mg (51.1%), Vitamin A: 2251.42IU (45.03%), Phosphorus: 443.77mg (44.38%), Potassium: 997.03mg (28.49%), Fiber: 6.84g (27.37%), Vitamin B2: 0.43mg (25.39%), Zinc: 3.24mg (21.63%), Magnesium: 86.19mg (21.55%), Copper: 0.31mg (15.41%), Vitamin B5: 1.53mg (15.27%), Iron: 2.45mg (13.63%), Vitamin K: 13.37µg (12.73%), Vitamin B12: 0.72µg (12.05%), Folate: 35.97µg (8.99%), Calcium: 71.02mg (7.1%), Vitamin E: 0.98mg (6.55%), Vitamin D: 0.57µg (3.78%)