



## Tacos Al Pastor with Grilled Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



68 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons ancho chile powder
- 0.3 teaspoon pepper black freshly ground
- 1 chipotle chile canned
- 8 6-inch corn tortillas ()
- 0.3 cup cilantro leaves fresh
- 0.5 teaspoon ground cumin
- 0.5 jalapeño thinly sliced
- 0.3 teaspoon kosher salt

- 0.5 teaspoon kosher salt
- 1 pound pork tenderloin trimmed
- 3 tablespoons juice of lime fresh
- 8 lime wedges
- 1 tablespoon olive oil
- 1 tablespoon oregano fresh chopped
- 2 inch pineapple fresh
- 3 tablespoons onion red thinly sliced

## Equipment

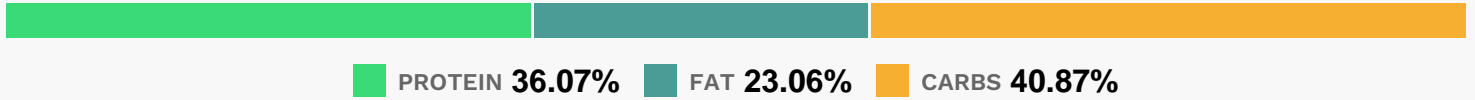
- bowl
- grill
- kitchen thermometer

## Directions

- To prepare pork, preheat the grill to high heat.
- Mince chipotle chile.
- Combine chipotle and oil in a small bowl; rub evenly over pork.
- Combine oregano and the next 4 ingredients (through black pepper).
- Sprinkle spice mixture evenly over pork, and let stand for 30 minutes.
- Place the pork on grill rack coated with cooking spray, and grill for 6 minutes on each side or until a thermometer registers 14
- Remove pork from grill; let stand 5 minutes. Coarsely chop pork; keep warm.
- To prepare salsa, place pineapple on a grill rack coated with cooking spray; grill for 5 minutes on each side. Coarsely chop pineapple, and place in a medium bowl.
- Add cilantro and next 4 ingredients (through jalapeo); toss to combine.
- Warm the tortillas according to package directions.
- Place 2 tortillas on each of 4 plates, and divide pork evenly among tortillas. Top each taco with about 3 tablespoons salsa.

Serve with lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:68.54, Glycemic Load:11.25, Inflammation Score:-9, Nutrition Score:22.686956654424%

### Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 16.49mg, Hesperetin: 16.49mg, Hesperetin: 16.49mg, Hesperetin: 16.49mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

### Nutrients (% of daily need)

Calories: 295.77kcal (14.79%), Fat: 7.8g (12%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 25.25g (9.18%), Sugar: 2.16g (2.4%), Cholesterol: 73.71mg (24.57%), Sodium: 538.56mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Vitamin B1: 1.21mg (80.43%), Selenium: 38.59µg (55.13%), Vitamin B6: 1.07mg (53.47%), Phosphorus: 460.93mg (46.09%), Vitamin B3: 8.68mg (43.41%), Vitamin B2: 0.45mg (26.64%), Fiber: 5.86g (23.45%), Vitamin C: 17.41mg (21.11%), Zinc: 2.99mg (19.91%), Magnesium: 78.55mg (19.64%), Potassium: 662.45mg (18.93%), Iron: 2.94mg (16.35%), Manganese: 0.32mg (16.18%), Vitamin K: 14.9µg (14.19%), Copper: 0.24mg (11.9%), Vitamin B5: 1.15mg (11.53%), Vitamin E: 1.71mg (11.41%), Vitamin B12: 0.58µg (9.64%), Calcium: 90.46mg (9.05%), Vitamin A: 433.71IU (8.67%), Folate: 12.64µg (3.16%), Vitamin D: 0.23µg (1.51%)