



What is a Cemitita?

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



291 kcal

Ingredients

- ☐ 4 ounce oaxacan cheese shredded (string cheese or mozzarella may be substituted)
- ☐ 1 bunch cilantro leaves
- ☐ 1 pound pulled pork such as carnitas

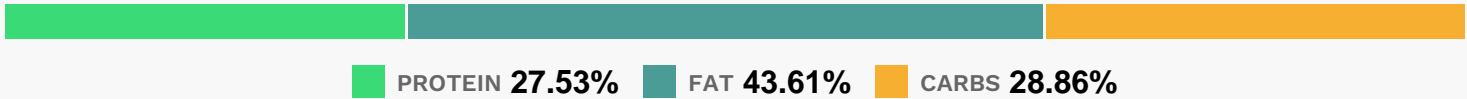
Equipment

- ☐ grill

Directions

- ☐
- Slice the rolls sandwich style, then toast or grill the cut sides until browned.Divide the meat between each of the 4 bottoms of the rolls. Top with cheese, avocado slices, onion and cilantro (or papalo) leaves.
- ☐
- Lay as much or as little of the chipotle strips on top. You may also brush a bit of the extra adobo sauce onto the inside of the top of the rolls before closing the sandwich.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.3778260926028%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 291.33kcal (14.57%), Fat: 14.34g (22.07%), Saturated Fat: 6.17g (38.59%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 21.31g (7.75%), Sugar: 16.54g (18.38%), Cholesterol: 64.07mg (21.36%), Sodium: 899.6mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.75%), Calcium: 78.17mg (7.82%), Vitamin A: 309.03IU (6.18%), Vitamin K: 6.2µg (5.9%), Iron: 1.06mg (5.87%), Vitamin C: 2.58mg (3.13%)