

Mushroom Al Pastor Taco



A fresh re-imagining of Al Pastor combines the smoky and nutty flavor of tender Ancho marinated Portobello mushrooms tempered with the traditional sweetness of pineapple and cinnamon. Top with crisp cabbage and a drizzle of Red Chile Adobo crema.

Yield	4.4 oz.
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	1 each		Tortilla, flour, 6" 98% fat free	
1.5	oz	3 tbsp		Ancho Portobello Mushrooms - prepared	(see recipe)
1/2	oz	1/4 cup		Cabbage, white	shredded thin
1/4	oz			Red onions	shaved thin
1	oz	2 tbsp		Pineapples	diced
1	tsp			Red Chile Adobo Crema - prepared	(see recipe)
1	tsp			Cilantro	fresh, chopped

Preparation Steps

1. Top tortilla with ancho portobello mushrooms and chose vegetable.
2. Add chosen toppings, salsas, and/or sauces. (see Signature Condiment Matrix.)

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.1
Energy (Kj)	512.5
Protein (g)	4.1
Carbohydrate, total (g)	23.8
Fats, total (g)	1.5
Sugars, total (g)	5.3
Fats, saturated (g)	0.4
Fiber, total dietary (g)	2.4
Sodium (mg)	252.3
Calcium (mg)	45.4
Cholesterol (mg)	0.4
Iron (mg)	1.1
Vitamin A (µg_RAE)	21.9
Vitamin C (mg)	15.9

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.