



Beer-Braised Carnitas

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 garlic clove crushed
- 2 guajillo chiles* dried
- 4 teaspoons kosher salt
- 12 ounce lager (such as Modelo Especial or Budweiser)
- 4 pounds pork shoulder boneless skinless cut into 2" pieces (Boston butt)

Equipment

- pot

Directions

- Toast chiles in a dry large heavy pot over medium heat until slightly puffed and lightly darkened on both sides, about 2 minutes.
- Remove from pot; let cool. Stem chiles and halve lengthwise; discard seeds.
- Bring chiles, pork, beer, garlic, salt, and 1 cup water to a boil in same pot. Reduce heat, cover, and simmer, stirring occasionally, until pork is fork-tender, 60–80 minutes.
- Uncover pork; simmer until liquid evaporates and pork begins to brown, 20–25 minutes. Continue to cook, stirring frequently and scraping bottom of pot, until pork is shredded and browned, 10–15 minutes.
- Add 1 cup water to pork; cook, scraping up browned bits from bottom of pot, for about 1 minute. DO AHEAD: Carnitas can be made 3 days ahead.
- Let cool. Cover and chill. Reheat with 1/2 cup water in a covered pot, adding more water if needed to keep pork moist.

Nutrition Facts

PROTEIN 71.93% **FAT 24.41%** **CARBS 3.66%**

Properties

Glycemic Index: 11.75, Glycemic Load: 1, Inflammation Score: -6, Nutrition Score: 33.566521680873%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 415.18kcal (20.76%), Fat: 10.36g (15.94%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.5g (0.55%), Cholesterol: 181.44mg (60.48%), Sodium: 1717.28mg (74.66%), Alcohol: 2.21g (100%), Alcohol %: 0.77% (100%), Protein: 68.67g (137.34%), Vitamin B3: 29.44mg (147.21%), Vitamin B1: 1.96mg (130.55%), Selenium: 78.69µg (112.41%), Vitamin B6: 2.24mg (112.18%), Vitamin B2: 1.44mg (84.5%), Phosphorus: 705.34mg (70.53%), Vitamin B12: 2.64µg (44.04%), Zinc: 5.94mg (39.61%), Potassium: 1188.52mg (33.96%), Vitamin B5: 3.02mg (30.16%), Magnesium: 83.59mg (20.9%), Iron: 2.82mg (15.67%), Copper: 0.24mg (12.12%), Vitamin A: 309.21IU (6.18%), Manganese: 0.09mg (4.69%), Calcium: 28.54mg (2.85%), Vitamin E:

0.28mg (1.87%), Fiber: 0.38g (1.51%), Vitamin K: 1.3µg (1.23%), Vitamin C: 0.99mg (1.2%), Folate: 4.06µg (1.01%)