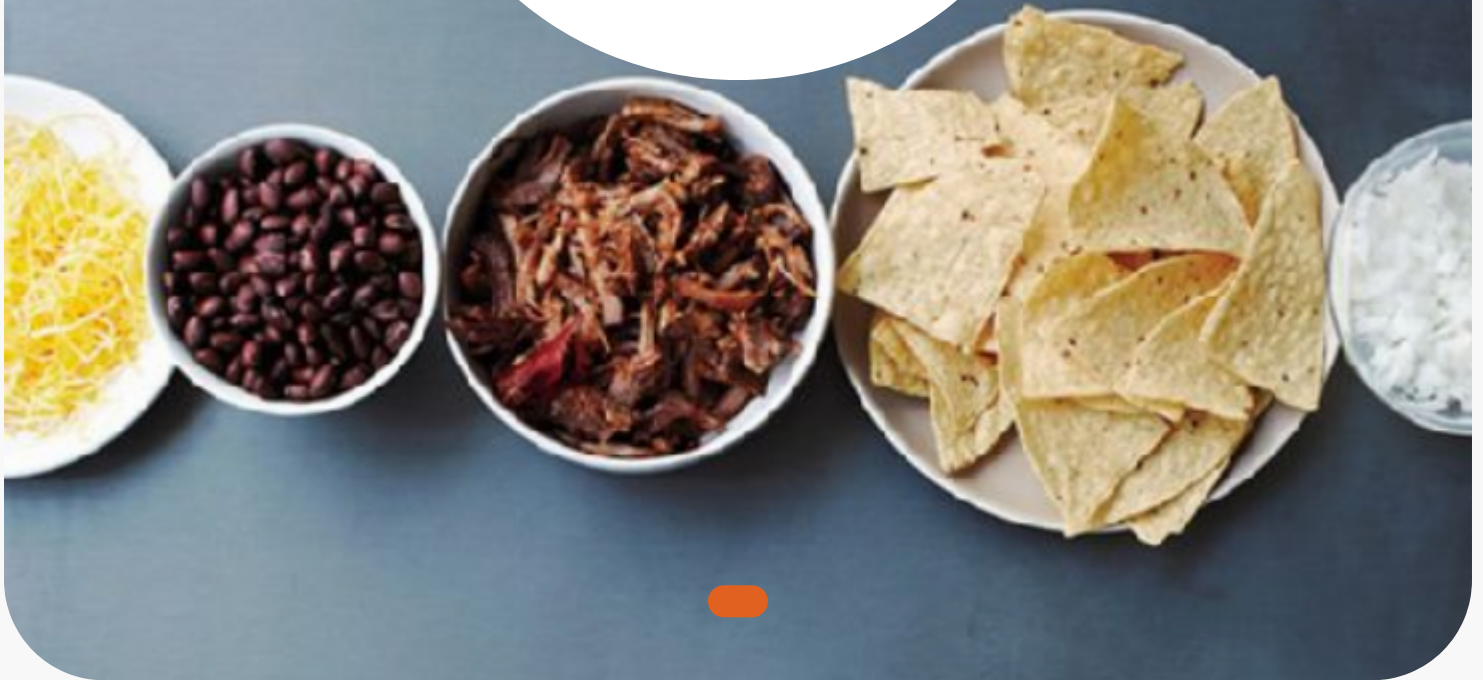




Beer-Braised Carnitas

 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)

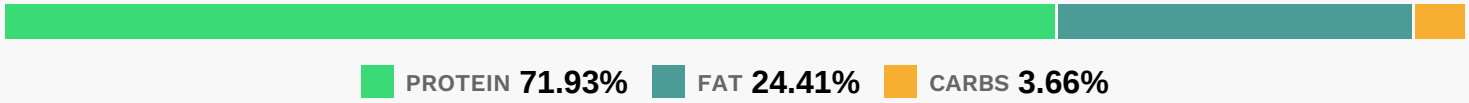
Equipment

- ☐ pot

Directions

- ☐ Toast chiles in a dry large heavy pot overmedium heat until slightly puffed and lightlydarkened on both sides, about 2 minutes.
- ☐ Remove from pot; let cool. Stem chiles andhalve lengthwise; discard seeds.
- ☐ Bring chiles, pork, beer, garlic, salt,and 1 cup water to a boil in same pot.Reduce heat, cover, and simmer, stirringoccasionally, until pork is fork-tender,60-80 minutes.
- ☐ Uncover pork; simmer until liquidevaporates and pork begins to brown,20-25 minutes. Continue to cook, stirringfrequently and scraping bottom of pot,until pork is shredded and browned,10-15 minutes.
- ☐ Add 1 cup water to pork; cook, scrapingup browned bits from bottom of pot, forabout 1 minute. DO AHEAD: Carnitas can bemade 3 days ahead.
- ☐ Let cool. Cover andchill. Reheat with 1/2 cup water in a coveredpot, adding more water if needed to keep pork moist.

Nutrition Facts



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 Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 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%)