



Café Pasqual's Barbacoa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces jalapeño chilies fresh stemmed rinsed seeded quartered (4 total)
- ☐ 2 bay leaves dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 4 cloves garlic minced peeled
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon coarse-ground pepper
- ☐ 0.5 cup juice of lime

- ☐ 1 pound onions diced peeled
- ☐ 1 teaspoon regular oregano dried
- ☐ 4 lb boned pork shoulder
- ☐ 1 teaspoon salt
- ☐ 1 pound firm-ripe tomatoes cored rinsed chopped
- ☐ 2 tablespoons citrus champagne vinegar

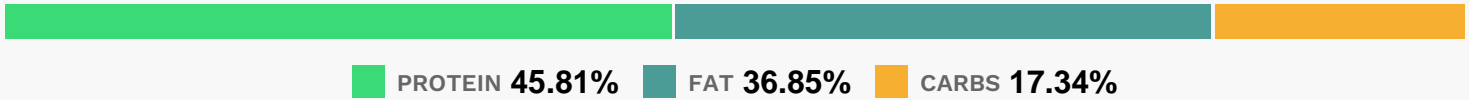
Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ In a 9- by 13-inch pan, mix onions, tomatoes, garlic, jalapeos, bay leaves, chicken broth, lime juice, vinegar, thyme, cumin, oregano, 1 teaspoon salt, and pepper. Rinse meat, place in pan, and turn to coat. Cover and chill at least 3 hours or up to 1 day, turning meat occasionally. Seal pan with foil.
- ☐ Bake in a 300 oven until meat is tender enough to pull apart easily, 4 to 5 hours. Supporting with 2 slotted spoons, transfer meat to a platter.
- ☐ Pour pan juices through a strainer into a 12-inch frying pan or a 5- to 6-quart pan (discard bay leaves; reserve remaining vegetable mixture); skim and discard fat. Boil juices over high heat until reduced to 1 cup, 25 to 30 minutes.
- ☐ When meat is cool enough to handle, in about 10 minutes, discard string. Use 2 forks or your fingers to pull meat into shreds; discard fat and connective tissue.
- ☐ Add meat and reserved vegetable mixture to pan with juices. Stir occasionally over medium heat until steaming, about 5 minutes. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:17.762608590333%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 202.7kcal (10.13%), Fat: 8.25g (12.69%), Saturated Fat: 2.79g (17.42%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.98g (2.54%), Sugar: 3.84g (4.27%), Cholesterol: 74.15mg (24.72%), Sodium: 415.9mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Vitamin B1: 1.03mg (68.88%), Selenium: 33.65µg (48.07%), Vitamin C: 26.84mg (32.54%), Vitamin B6: 0.62mg (31.06%), Vitamin B3: 5.35mg (26.75%), Phosphorus: 260.41mg (26.04%), Zinc: 3.72mg (24.8%), Vitamin B2: 0.39mg (22.77%), Potassium: 618.25mg (17.66%), Vitamin B12: 0.98µg (16.25%), Iron: 2.34mg (12.99%), Manganese: 0.22mg (10.98%), Vitamin B5: 1.08mg (10.76%), Vitamin A: 490.38IU (9.81%), Magnesium: 38.98mg (9.75%), Vitamin K: 9.91µg (9.43%), Copper: 0.18mg (9.11%), Fiber: 1.75g (6.99%), Folate: 25.5µg (6.38%), Calcium: 48.06mg (4.81%), Vitamin E: 0.41mg (2.71%)