



Carnitas

 **Gluten Free**  **Dairy Free**

READY IN



376 min.

SERVINGS



16

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons chiles in adobo sauce
- 1 cup chicken broth
- 1 tablespoon chili powder
- 3 tablespoons garlic chopped
- 1 teaspoon pepper
- 3 pounds boston butt pork roast boneless cut into 2
- 1 teaspoon salt
- 2 tablespoons tomato paste

Equipment

- baking pan
- microwave
- measuring cup
- slow cooker

Directions

- Combine first 6 ingredients in a 5-quart slow cooker; stir in pieces of roast. Microwave beer in a 2-cup glass measuring cup on HIGH 2 minutes or until very hot.
- Pour beer over meat in slow cooker; do not stir. Cover and cook on HIGH for 6 hours or until very tender.
- Shred meat using 2 forks.
- Serve hot or see notes below.
- * We used adobo sauce from canned chipotle chiles in adobo sauce.
- Transfer meat mixture and juices to a 13" x 9" baking dish; cover and chill overnight. To reheat, crumble meat mixture into a large skillet, and cook over medium-high heat 15 minutes or until browned and hot.
- Microwave Option: Traditionally, Carnitas are browned in their own drippings until they are crisped and browned. However, reheating the shredded pork in the microwave is an easy alternative. Microwave 6 cups meat mixture on HIGH 6 minutes, stirring once, or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:10.557391256094%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.84kcal (6.24%), Fat: 5.45g (8.38%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.4g (0.45%), Cholesterol: 51.32mg (17.11%), Sodium: 665.31mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Selenium: 24.54µg (35.05%), Vitamin B1: 0.48mg (32.28%), Vitamin B6: 0.48mg (23.84%), Vitamin B2: 0.35mg (20.33%), Vitamin B3: 3.91mg (19.53%), Zinc: 2.93mg (19.51%), Phosphorus: 178.89mg (17.89%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.78µg (12.95%), Potassium: 332.9mg (9.51%), Iron: 1.29mg (7.15%), Copper: 0.11mg (5.41%), Magnesium: 21.55mg (5.39%), Vitamin A: 184.79IU (3.7%), Manganese: 0.07mg (3.69%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.51µg (3.4%), Calcium: 20.99mg (2.1%), Fiber: 0.35g (1.39%), Vitamin C: 1.04mg (1.26%), Vitamin K: 1.16µg (1.1%)