



Carnitas



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large garlic cloves
- ☐ 1 teaspoon liquid smoke
- ☐ 1 medium onion quartered
- ☐ 4 pounds pork butt fat removed cut into 2-inch cubes, some but not all of the
- ☐ 4 tablespoons lawry's seasoned salt
- ☐ 8 servings warm tortillas for serving
- ☐ 1 cup water

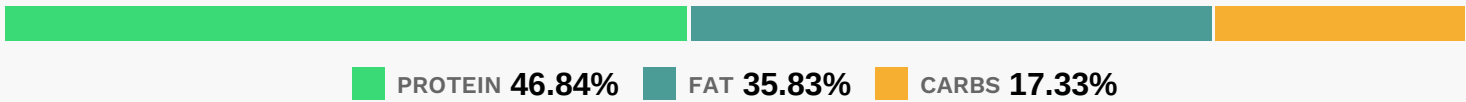
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the pork with the seasoned salt.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Put a roasting grate at the bottom of a roasting pan and pour 1 cup of water into the bottom of the pan along with the liquid smoke. Arrange the pork on the grate and top with the onion and garlic. Cover the pan with a lid or aluminum foil.
- ☐ Bake for 2 hours, then remove the cover and bake until the pork is fork-tender, about 1 more hour.
- ☐ When cooked through, transfer the pork to a large bowl. Shred the meat and stir in the pan juices.
- ☐ Serve with warm tortillas or use when making tacos, tamales, etc.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:5.14, Inflammation Score:-4, Nutrition Score:29.136521951417%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 399.46kcal (19.97%), Fat: 15.37g (23.65%), Saturated Fat: 5.41g (33.84%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 15.4g (5.6%), Sugar: 1.71g (1.91%), Cholesterol: 136.08mg (45.36%), Sodium: 3860.17mg

(167.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.21g (90.42%), Selenium: 70.99µg (101.42%), Vitamin B1: 1.43mg (95.1%), Vitamin B6: 1.24mg (61.95%), Vitamin B2: 0.96mg (56.55%), Vitamin B3: 11.3mg (56.52%), Phosphorus: 526.78mg (52.68%), Zinc: 7.84mg (52.24%), Vitamin B5: 3.63mg (36.31%), Vitamin B12: 2.06µg (34.4%), Potassium: 834.65mg (23.85%), Iron: 3.9mg (21.67%), Magnesium: 58.72mg (14.68%), Copper: 0.28mg (14.05%), Manganese: 0.24mg (11.79%), Vitamin D: 1.36µg (9.07%), Calcium: 85.15mg (8.52%), Folate: 30.87µg (7.72%), Fiber: 1.32g (5.29%), Vitamin E: 0.55mg (3.66%), Vitamin K: 2.25µg (2.14%), Vitamin C: 1.6mg (1.94%)