



Carnitas

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

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds boned pork shoulder dry cut into large cubes (remove any large chunks of excess fat, but do not remove all the fat or you'll have , unflavorful carnitas)
- 1 quart beef broth
- 2 cups chunky tomato salsa either or homemade prepared
- 6 servings water
- 6 servings salt
- 2 cups tomato salsa fresh (pico de gallo)
- 16 corn tortillas

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- pot
- roasting pan
- microwave

Directions

- Combine pork, broth, salsa in a large pot, cover and simmer several hours: In a large, heavy saucepan over medium-high heat, combine pork, broth, and salsa.
- Add enough water to barely cover the pork.
- Cover and bring to a boil. Reduce heat to low and simmer, covered for 3 to 4 hours (or longer) until meat pulls apart easily.
- Add salt to taste if needed.
- Break meat into chunks, spread out in roasting pan, roast in oven until browned: Preheat oven to 400°F.
- Remove meat from liquid in pot (discard the liquid) and spread the meat out in a roasting pan. Break the meat into small chunks. Roast meat for 15 to 20 minutes until brown and crispy.
- Warm the tortillas: If you are using store-bought tortillas, heat the tortillas one-by-one either in a microwave or on a hot skillet.
- If you heat them on a skillet you may need to use a little butter or oil to help soften them. When air pockets form in the tortillas they are ready.
- To heat them in a microwave, place a paper towel on the floor of the microwave.
- Lay one or two tortillas on the paper towel (whatever will fit so there is only one layer). Microwave on high heat for 10 seconds per tortilla (some brands of tortillas require 20 seconds each).
- Keep warm tortillas wrapped in a clean cloth towel for serving.

- To serve, double up the tortillas and place a few spoonfuls of the carnitas on them. Top with salsa.
- Serve with grated lettuce (that has been lightly salted and sprinkled with vinegar), beans, avocados, and/or grated cheese.
- To eat, remove half of the carnitas from one tortilla to another. Take one tortilla at a time with the carnitas and salsa, fold it over and enjoy. Or, keep them doubled up. Your choice.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:13.41, Inflammation Score:-7, Nutrition Score:29.766521775204%

Nutrients (% of daily need)

Calories: 495.46kcal (24.77%), Fat: 15.66g (24.09%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 41.53g (15.1%), Sugar: 11g (12.22%), Cholesterol: 123.59mg (41.2%), Sodium: 2063.82mg (89.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.12%), Vitamin B1: 1.73mg (115.29%), Selenium: 60.53µg (86.47%), Phosphorus: 638.56mg (63.86%), Vitamin B3: 11.13mg (55.63%), Vitamin B6: 1.09mg (54.28%), Zinc: 6.9mg (45.99%), Vitamin B2: 0.69mg (40.3%), Potassium: 1066.78mg (30.48%), Vitamin B12: 1.66µg (27.66%), Magnesium: 107.18mg (26.8%), Fiber: 5.93g (23.71%), Iron: 3.74mg (20.76%), Copper: 0.38mg (19%), Manganese: 0.36mg (18.12%), Vitamin B5: 1.8mg (17.98%), Vitamin A: 783.19IU (15.66%), Calcium: 122.93mg (12.29%), Vitamin C: 7.43mg (9%), Vitamin E: 1.25mg (8.34%), Folate: 19.31µg (4.83%), Vitamin K: 3.64µg (3.47%)