



Carnitas



Gluten Free



Dairy Free



Popular

READY IN



160 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 4 cloves garlic chopped
- ☐ 0.3 cup juice of lime (- 2 limes)
- ☐ 1 tablespoon oil
- ☐ 0.8 cup orange juice (- 2 oranges)
- ☐ 1 teaspoon oregano
- ☐ 0.5 teaspoon pepper

- ☐ 4 pound butt fat trimmed cut into 2 inch pieces
- ☐ 1 teaspoon salt
- ☐ 2 cups water (or beer)

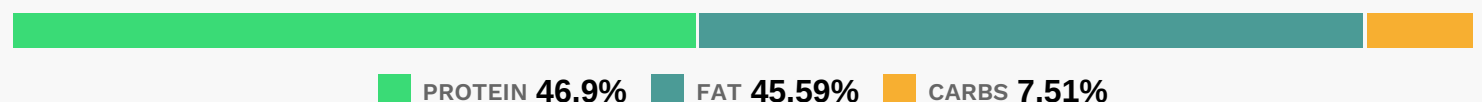
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Season the pork with the salt.
- ☐ Heat the oil in a large pan over medium-high heat, add the pork, sear on all sides and set aside. (optional)
- ☐ Add 1 cup water and scrape the brown bits from the bottom of the pan. (optional)
- ☐ Add everything to the pan, bring to a boil, reduce the heat to low and simmer, covered, until the pork is falling apart tender, about 2-3 hours. OR
- ☐ Add everything to the pan, bring to a boil, transfer to a preheated 300F oven and bake, covered, until the pork is falling apart tender, about 2 hours. OR
- ☐ Place everything in a slow cooker and cook until the pork is falling apart tender, about 4-5 hours on high or 6-8 hours on low.
- ☐ Remove the pork from the liquid and set aside to cool before shredding and removing any fat. Meanwhile, skim any fat from the liquid and simmer to reduce to 1 cup.
- ☐ Mix the liquid into the pork, spread it out in a single layer on baking sheet, broil until crispy on top, about 4-6 minutes, flip and broil until crispy, about 4-6 minutes. Enjoy on by itself or in tacos, burritos, quesadillas, etc.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:18.20260870975%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg, Hesperetin: 3.46mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 239.54kcal (11.98%), Fat: 11.9g (18.31%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.18g (2.43%), Cholesterol: 92.69mg (30.9%), Sodium: 416.33mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Vitamin B1: 1.25mg (83.56%), Selenium: 41.29µg (58.99%), Vitamin B6: 0.63mg (31.5%), Vitamin B3: 6.17mg (30.84%), Zinc: 4.45mg (29.66%), Phosphorus: 291.58mg (29.16%), Vitamin B2: 0.46mg (26.82%), Vitamin B12: 1.16µg (19.37%), Vitamin C: 15.5mg (18.79%), Potassium: 561.96mg (16.06%), Iron: 2.21mg (12.29%), Vitamin B5: 1.21mg (12.13%), Magnesium: 36.48mg (9.12%), Copper: 0.18mg (8.8%), Vitamin A: 363.33IU (7.27%), Vitamin E: 0.77mg (5.13%), Manganese: 0.1mg (5.04%), Vitamin K: 4.17µg (3.97%), Folate: 15.61µg (3.9%), Calcium: 37.83mg (3.78%), Fiber: 0.62g (2.48%)