



Carnitas: Braised and Fried Pork

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 8 garlic clove peeled
- ☐ 0.5 cranberry-orange relish cut into 2 pieces
- ☐ 2 teaspoons oregano dried crumbled
- ☐ 4 pounds boston butt pork shoulder cut into 2-inch pieces
- ☐ 2 teaspoons kosher salt fine
- ☐ 1 tablespoon condensed milk sweetened
- ☐ 0.3 cup vegetable oil

- ☐ 3 cups water
- ☐ 1 medium onion white thinly sliced

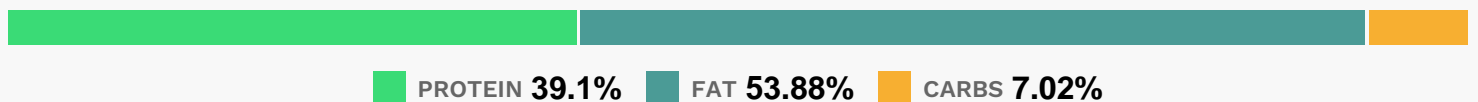
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ Put all the ingredients in a wide 6-to 7-quart heavy pot (don't worry if the pork is not completely covered) and bring the water to a boil, skimming the surface as necessary. Lower the heat and simmer vigorously, stirring occasionally, until the pork is fork-tender and the liquid has completely evaporated, 1½ to 2 hours. Discard the orange pieces and bay leaves. If the liquid hasn't evaporated after 2 hours, transfer the pork pieces to a bowl and let the liquid continue to bubble away, stirring often, until it has.
- ☐ Preheat the oven to 450°F.
- ☐ Transfer the pork and fat to an ovenproof dish, if necessary, and brown the pork, uncovered, in the oven for 20 to 30 minutes. There's no need to stir.
- ☐ Carnitas keeps in the refrigerator for up to three days.
- ☐ If you want to make half a batch, cut the amount of pork, salt, and oregano in half, but use the same amount of the remaining ingredients and water. You will need to use a slightly smaller pot.
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Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:17.947826091281%

Flavonoids

Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 288.26kcal (14.41%), Fat: 16.97g (26.11%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.26g (1.55%), Sugar: 2.76g (3.07%), Cholesterol: 93.54mg (31.18%), Sodium: 695.32mg (30.23%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.71g (55.42%), Vitamin B1: 1.25mg (83.04%), Selenium: 41.74µg (59.63%), Vitamin B6: 0.64mg (31.99%), Vitamin B3: 6mg (30.02%), Zinc: 4.46mg (29.71%), Phosphorus: 296.29mg (29.63%), Vitamin B2: 0.46mg (26.93%), Vitamin B12: 1.17µg (19.55%), Potassium: 534.58mg (15.27%), Vitamin K: 15.76µg (15.01%), Vitamin B5: 1.22mg (12.16%), Iron: 1.99mg (11.04%), Vitamin C: 7.51mg (9.1%), Magnesium: 34.94mg (8.74%), Copper: 0.17mg (8.53%), Manganese: 0.12mg (5.81%), Calcium: 49.66mg (4.97%), Vitamin E: 0.67mg (4.48%), Folate: 13.6µg (3.4%), Fiber: 0.72g (2.86%)