

Carnitas Filling



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



117 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 pound boston butt pork shoulder boneless
- ☐ 1 carrots peeled cut into 1 inch pieces
- ☐ 1 celery cut into 1 inch pieces
- ☐ 1 tablespoon chili powder
- ☐ 0.3 teaspoon cumin
- ☐ 1 clove garlic crushed
- ☐ 1 onion cut into 4 wedges

- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tomatoes chopped

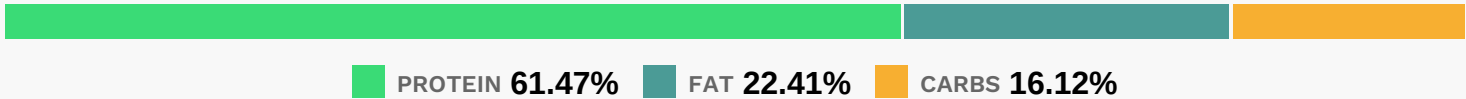
Equipment

- ☐ sauce pan

Directions

- ☐ Place pork, garlic, onion, carrot, celery, and tomato in a saucepan. Season with chili powder, salt, cumin, oregano, pepper, and bay leaf; add enough water to cover. Bring to a boil, then reduce to a simmer. Cover and simmer until pork is tender, about two hours. Cool and shred. Use in tacos or tamales.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:13.876521680666%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 117.44kcal (5.87%), Fat: 2.88g (4.44%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.99g (2.22%), Cholesterol: 45.36mg (15.12%), Sodium: 464.64mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.61%), Vitamin A: 2298.85IU (45.98%), Vitamin B3: 7.69mg (38.45%), Vitamin B1: 0.52mg (34.46%), Vitamin B6: 0.64mg (31.95%), Selenium: 19.99µg (28.56%), Vitamin B2: 0.38mg (22.59%), Phosphorus: 193.97mg (19.4%), Potassium: 442.8mg (12.65%), Zinc: 1.65mg (10.97%), Vitamin B12: 0.66µg (10.96%), Vitamin B5: 0.84mg (8.44%), Magnesium: 28.51mg (7.13%), Vitamin K: 7.07µg (6.73%), Manganese: 0.13mg (6.5%), Iron: 1.15mg (6.41%), Vitamin C: 5.15mg (6.25%), Fiber: 1.49g (5.97%), Vitamin E: 0.79mg

(5.25%), Copper: 0.1mg (5.06%), Folate: 11.53µg (2.88%), Calcium: 25.74mg (2.57%)