



WHATSheATE



HEALTH SCORE

62%

Chile-Braised Pork Shoulder Tacos



Dairy Free



Very Healthy

READY IN



240 min.

SERVINGS



6

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 ounce ancho chili pepper dried stemmed seeded
- ☐ 2 bay leaves
- ☐ 5 pound pork shoulder boneless (Boston butt)
- ☐ 2 large chilies dried stemmed seeded
- ☐ 24 corn tortillas ()
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 3 large garlic clove coarsely chopped
- ☐ 0.5 teaspoon ground allspice

- ☐ 2 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 4 radishes trimmed thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 12 ounce beer dark

Equipment

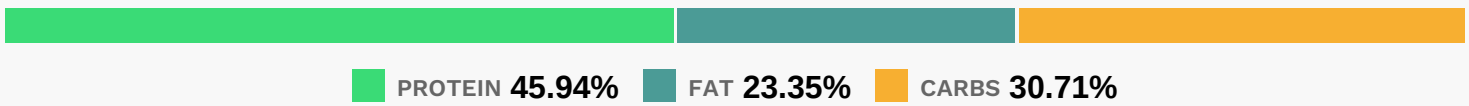
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Place chiles in a medium bowl.
- ☐ Add enough boiling water to cover, and set a small plate or bowl on chiles to keep submerged.
- ☐ Let soak until softened, about 30 minutes.
- ☐ Drain chiles, reserving 1 cup soaking liquid.
- ☐ Preheat oven to 350°F.
- ☐ Place chiles, sugar, lime juice, and 1/4 cup reserved soaking liquid in a blender. Purée chile mixture, adding more soaking liquid as needed to form a smooth paste. Season pork shoulder generously with salt and spread paste over pork. DO AHEAD: Can be rubbed 1–2 days ahead. Cover and chill.

- ☐ Let come to room temperature before continuing.
- ☐ Heat oil in a large heavy pot over medium heat.
- ☐ Add onion, garlic, bay leaves, oregano, coriander, cumin, and allspice. Cook, stirring often, until onion is soft, about 8 minutes.
- ☐ Add beer; bring to a boil.
- ☐ Add pork to pot; cover and transfer to oven.
- ☐ Braise pork, basting occasionally with pan juices, until very tender, about 2 1/2 hours.DO AHEAD: Can be made 2 days ahead.
- ☐ Let cool slightly. Chill uncovered until cold, then cover and keep chilled. Rewarm before continuing.
- ☐ Transfer pork to a large platter.
- ☐ Let cool slightly.
- ☐ Pour pan juice mixture over pork; cover and keep warm. (Alternatively, shred the pork with 2 forks and pour pan juice mixture over pork.)
- ☐ Meanwhile, working in batches, cook tortillas in a large heavy skillet over low heat until toasted, about 1 minute per side.
- ☐ Transfer to a large sheet of foil; wrap to keep warm.
- ☐ Serve pork with tortillas, radishes, both salsas, pickled onions, and chopped cilantro, encouraging guests to fill and garnish tacos as desired.

Nutrition Facts



Properties

Glycemic Index:51.18, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:45.856956502666%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin:

2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 830.09kcal (41.5%), Fat: 20.96g (32.24%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 62.02g (20.67%), Net Carbohydrates: 52.73g (19.18%), Sugar: 8.84g (9.82%), Cholesterol: 226.8mg (75.6%), Sodium: 455.57mg (19.81%), Alcohol: 2.21g (100%), Alcohol %: 0.46% (100%), Protein: 92.77g (185.54%), Vitamin B3: 38.63mg (193.16%), Vitamin B1: 2.58mg (171.82%), Vitamin B6: 3.11mg (155.47%), Selenium: 105.1µg (150.15%), Phosphorus: 1231.96mg (123.2%), Vitamin B2: 1.91mg (112.38%), Zinc: 8.98mg (59.87%), Vitamin B12: 3.3µg (55%), Potassium: 1831.29mg (52.32%), Magnesium: 192.74mg (48.18%), Vitamin B5: 3.97mg (39.73%), Fiber: 9.29g (37.15%), Iron: 5.86mg (32.54%), Manganese: 0.6mg (30%), Copper: 0.5mg (25.21%), Vitamin A: 1017.03IU (20.34%), Vitamin K: 17.13µg (16.31%), Calcium: 153.82mg (15.38%), Vitamin C: 7.04mg (8.53%), Vitamin E: 1.24mg (8.3%), Folate: 23.42µg (5.85%)