



 **61%**
HEALTH SCORE

Chile-Braised Pork Shoulder Tacos

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



876 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
- 6 servings onion
- 2 teaspoons oregano dried
- 4 radishes trimmed thinly sliced
- 6 servings salsa
- 2 tablespoons sugar
- 6 servings salsa verde
- 2 tablespoons vegetable oil
- 12 ounce beer dark

Equipment

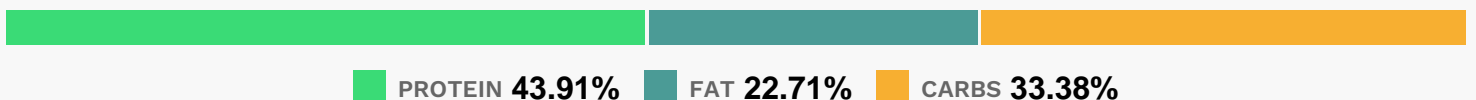
- bowl
- frying pan
- oven
- pot
- blender
- aluminum foil

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 350F.

- Place chiles, sugar, lime juice, and 1/4 cup reserved soaking liquid in a blender. Pure 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:55.68, Glycemic Load:26.15, Inflammation Score:-10, Nutrition Score:48.024782512499%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 22.09mg, Quercetin: 22.09mg, Quercetin: 22.09mg, Quercetin: 22.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 876.41kcal (43.82%), Fat: 21.57g (33.19%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 71.32g (23.77%), Net Carbohydrates: 60.52g (22.01%), Sugar: 14.39g (15.99%), Cholesterol: 226.8mg (75.6%), Sodium: 897.77mg (39.03%), Alcohol: 2.21g (100%), Alcohol %: 0.38% (100%), Protein: 93.83g (187.67%), Vitamin B3: 39.05mg (195.27%), Vitamin B1: 2.61mg (174.26%), Vitamin B6: 3.23mg (161.59%), Selenium: 105.67µg (150.95%), Phosphorus: 1258.15mg (125.82%), Vitamin B2: 1.94mg (113.85%), Zinc: 9.14mg (60.92%), Potassium: 2059.11mg (58.83%), Vitamin B12: 3.3µg (55%), Magnesium: 203.04mg (50.76%), Fiber: 10.8g (43.2%), Vitamin B5: 4.11mg (41.05%), Manganese: 0.71mg (35.36%), Iron: 6.11mg (33.92%), Vitamin A: 1371.73IU (27.43%), Copper: 0.55mg (27.32%), Vitamin K: 18.69µg (17.8%), Calcium: 175.43mg (17.54%), Vitamin C: 12.93mg (15.68%), Vitamin E: 1.65mg (10.97%), Folate: 35.15µg (8.79%)