



Chipotle Pork



Gluten Free



Dairy Free

READY IN



241 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 3 chipotle sauce canned
- ☐ 9 large garlic cloves peeled
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons honey
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 lime

- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup onion chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a food processor; pulse until finely chopped. Peel and section lime over a bowl, catching juices; discard peel.
- ☐ Add lime juice, lime sections, and 1 tablespoon olive oil to food processor; process until smooth. Scrape the chipotle mixture into a zip-top plastic bag.
- ☐ Add pork; seal. Marinate in refrigerator 1 hour.
- ☐ Preheat oven to 32
- ☐ Heat a small Dutch oven over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl.
- ☐ Remove pork from bag; reserve marinade.
- ☐ Sprinkle pork with salt.
- ☐ Add pork to pan; saut 8 minutes, browning on all sides.
- ☐ Remove pork from pan.
- ☐ Add broth and reserved marinade to pan; bring to a boil, scraping pan to loosen browned bits. Return pork to pan; cover and bake at 325 for 2 1/2 hours or until pork is fork-tender. Shred pork; toss with sauce.

Nutrition Facts



 PROTEIN **44.52%**  FAT **36.12%**  CARBS **19.36%**

Properties

Glycemic Index:37.82, Glycemic Load:4.85, Inflammation Score:-3, Nutrition Score:20.416956216097%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 300.33kcal (15.02%), Fat: 12.02g (18.49%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 12.32g (4.48%), Sugar: 8.43g (9.36%), Cholesterol: 85.05mg (28.35%), Sodium: 571.27mg (24.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.33g (66.67%), Vitamin B3: 13.75mg (68.74%), Vitamin B1: 0.95mg (63.01%), Vitamin B6: 1.14mg (57.12%), Selenium: 37.79µg (53.98%), Vitamin B2: 0.68mg (40%), Phosphorus: 346.59mg (34.66%), Vitamin B12: 1.23µg (20.55%), Zinc: 2.94mg (19.59%), Potassium: 682.62mg (19.5%), Vitamin B5: 1.5mg (14.99%), Iron: 2.2mg (12.23%), Magnesium: 43.58mg (10.9%), Vitamin C: 8.54mg (10.35%), Manganese: 0.19mg (9.74%), Fiber: 2.18g (8.71%), Vitamin E: 1.19mg (7.9%), Copper: 0.15mg (7.72%), Vitamin K: 4.56µg (4.34%), Calcium: 38.36mg (3.84%), Folate: 5.55µg (1.39%)