



Citrus-Marinated Pork Tacos with Pickled Onions



Gluten Free



Dairy Free

READY IN



742 min.

SERVINGS



9

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 2 teaspoons annatto powder (achiote seed)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3.5 pound bone-in pork shoulder bone-in trimmed cut in half crosswise (Boston butt)
- ☐ 18 6-inch corn tortillas gluten-free ()
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup guacamole
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup orange juice fresh
- ☐ 1 cup orange juice fresh
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 medium onion red halved
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt

Equipment

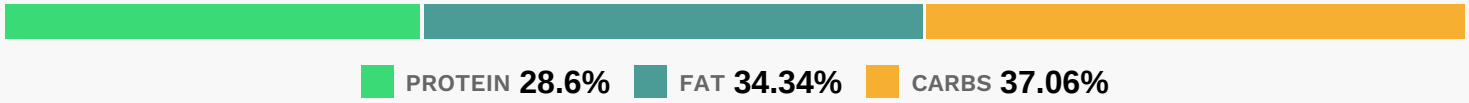
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ To prepare pulled pork, combine first 9 ingredients in a large heavy-duty zip-top plastic bag.
- ☐ Add pork to bag. Seal bag, turning to coat. Marinate in refrigerator overnight, turning occasionally.
- ☐ Preheat oven to 32
- ☐ Remove pork from marinade, reserving marinade.
- ☐ Place pork in a large Dutch oven; pour marinade over pork. Cover and bake at 325 for 4 hours or until pork is fork-tender.
- ☐ To prepare pickled onions, while pork cooks, place red onion and next 4 ingredients (through jalapeo pepper) in a medium bowl, tossing to coat. Cover and marinate in refrigerator at least 2 hours.

- ☐
- Remove pork from pan, and place on a cutting board. Reserve 1/2 cup cooking liquid; discard remaining cooking liquid.
- ☐
- Remove pork from bones; place in a large bowl. Shred pork with 2 forks. Stir in reserved cooking liquid.
- ☐
- Place 1/4 cup pork mixture on each tortilla. Top with about 1 tablespoon Guacamole and about 3 tablespoons pickled onions.
- ☐
- Tip: This pork is best when made ahead and refrigerated for a few days to blend the flavors. Then you can scrape off any excess fat before reheating it on the cooktop over low heat.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:12.44, Inflammation Score:0, Nutrition Score:21.163912980453%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg, Hesperetin: 5.93mg Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 345.4kcal (17.27%), Fat: 13.41g (20.64%), Saturated Fat: 3.51g (21.95%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 26.88g (9.78%), Sugar: 4.49g (4.98%), Cholesterol: 72.09mg (24.03%), Sodium: 499.97mg (21.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.28%), Vitamin B1: 1.06mg (70.92%), Selenium: 35.3µg (50.43%), Phosphorus: 410.21mg (41.02%), Vitamin C: 29.88mg (36.22%), Vitamin B6: 0.69mg (34.44%), Vitamin B3: 6.1mg (30.52%), Zinc: 4.32mg (28.8%), Vitamin B2: 0.43mg (25.25%), Fiber: 5.69g (22.77%), Potassium: 723.8mg (20.68%), Magnesium: 76.2mg (19.05%), Vitamin B12: 0.9µg (15.06%), Vitamin B5: 1.45mg (14.45%), Manganese: 0.28mg (14.21%), Copper: 0.27mg (13.53%), Iron: 2.38mg (13.22%), Folate: 45.82µg (11.45%), Calcium: 74.72mg (7.47%), Vitamin K: 7.1µg (6.77%), Vitamin E: 0.94mg (6.25%), Vitamin A: 212.95IU (4.26%)