



Cochinita Pibil

 **Gluten Free**  **Dairy Free**

READY IN



410 min.

SERVINGS



12

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tablespoons achiote recado paste (See Cook's Note)
- 2 large banana leaves
- 2 cloves garlic minced
- 1 juice of orange sour juiced
- 12 servings serving suggestions: pickled onions red
- 1 pinch mexican oregano dried
- 3 pounds pork butt
- 12 servings salt and pepper freshly ground

- 1 teaspoon citrus champagne vinegar

Equipment

- frying pan
- oven
- mixing bowl
- roasting pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Trim the excess fat from the pork.
- In a mixing bowl, combine the achiote paste, vinegar, oregano, orange juice, and garlic.
- Mix well.
- Trim the center core from the banana leaves and run them under hot tap water until the leaves become soft and pliable.
- Remove the excess water from the leaves and lay them, long edges slightly overlapping, onto the countertop.
- Place the roast in a large mixing bowl and add a generous amount of salt and pepper.
- Add the achiote mixture and cover the roast with the mixture.
- Place the roast on the banana leaves and wrap it well, completely covering the surface of the roast.
- Place the roast on a rack inside a roasting pan.
- Add 2 cups water to the bottom of the pan, tent with foil and place it in the oven for 20 minutes.
- Reduce the heat to 275 degrees F and roast for 6 hours.
- Serve with pickled red onions, warm corn tortillas and salsa.

Nutrition Facts



■ PROTEIN **61.46%** ■ FAT **24.79%** ■ CARBS **13.75%**

Properties

Glycemic Index:9.5, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:12.733478344653%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 174.78kcal (8.74%), Fat: 4.67g (7.19%), Saturated Fat: 1.44g (9%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.76g (3.06%), Cholesterol: 71.44mg (23.81%), Sodium: 251.73mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.13%), Vitamin B6: 0.93mg (46.52%), Selenium: 31.76µg (45.38%), Vitamin B1: 0.53mg (35.54%), Vitamin B3: 6.6mg (33.01%), Phosphorus: 272.76mg (27.28%), Potassium: 516.72mg (14.76%), Zinc: 2.14mg (14.29%), Vitamin B2: 0.23mg (13.47%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.93mg (9.25%), Magnesium: 35.7mg (8.93%), Vitamin C: 6.73mg (8.16%), Copper: 0.09mg (4.56%), Manganese: 0.09mg (4.45%), Iron: 0.75mg (4.18%), Fiber: 0.96g (3.84%), Vitamin D: 0.45µg (3.02%), Folate: 11.98µg (3%), Calcium: 20.05mg (2.01%), Vitamin E: 0.16mg (1.08%)