



WHATSheATE



## Cochinita Pibil (Puerco Pibil)



Gluten Free



Dairy Free



Popular

READY IN



250 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons achiote seeds
- ☐ 2 allspice
- ☐ 1 leaves banana
- ☐ 1 teaspoon peppercorns black
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon cumin seeds
- ☐ 6 cloves garlic chopped
- ☐ 0.8 cup seville orange juice or

- ☐ 1 teaspoon oregano
- ☐ 3 pound pork butt
- ☐ 1 teaspoon salt

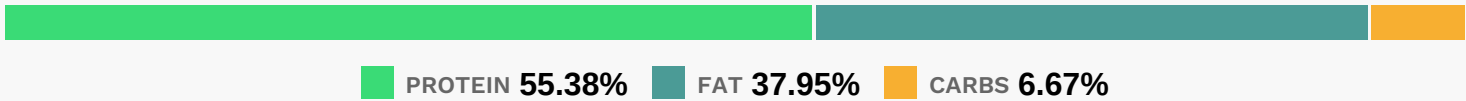
## Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Grind the annatto seeds, oregano, peppercorns, cumin, clove, allspice and cinnamon in a grinder until powdered.Blend the ground mixture along with the salt, garlic and orange juice in a blender. (If possible let sit overnight and blend again.)
- ☐ Cut the pork into 1 inch cubes and marinate in the mixture, covered, in the fridge for several hours to overnight.Wrap the pork along with the marinade in banana leaves or foil and place it in a large baking dish.
- ☐ Bake in a preheated 325F oven until falling apart tender, about 3–4 hours.

## Nutrition Facts



## Properties

Glycemic Index:24.85, Glycemic Load:1.53, Inflammation Score:-5, Nutrition Score:20.953043206878%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 241.34kcal (12.07%), Fat: 9.83g (15.12%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.01g (2.23%), Cholesterol: 102.06mg (34.02%), Sodium: 402.28mg (17.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.27g (64.55%), Selenium: 48.36µg (69.09%), Vitamin B1: 0.98mg (65.1%), Vitamin B6: 0.93mg (46.44%), Vitamin B2: 0.67mg (39.15%), Zinc: 5.78mg (38.5%), Vitamin B3: 7.6mg (37.99%), Phosphorus: 352.99mg (35.3%), Vitamin B5: 2.73mg (27.34%), Vitamin B12: 1.55µg (25.8%), Potassium: 646.15mg (18.46%), Vitamin C: 12.37mg (14.99%), Iron: 2.37mg (13.16%), Magnesium: 42.76mg (10.69%), Copper: 0.2mg (10.07%), Manganese: 0.17mg (8.67%), Vitamin D: 1.02µg (6.8%), Calcium: 39.64mg (3.96%), Vitamin E: 0.48mg (3.19%), Vitamin K: 2.56µg (2.44%), Folate: 7.78µg (1.95%), Fiber: 0.43g (1.71%), Vitamin A: 56.13IU (1.12%)