



Crispy Pork with Avocado Salsa and Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brandy
- ☐ 8 servings corn tortillas
- ☐ 6 garlic clove peeled
- ☐ 1.5 cups orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 4 pounds pork ribs boneless country-style
- ☐ 8 servings salsa fresh

- ☐ 2 teaspoons sea salt fine
- ☐ 2 cups water ()

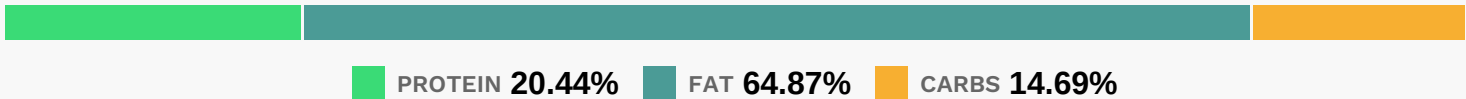
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut pork pieces crosswise into thirds.
- ☐ Cut off any big chunks of fat from pork and reserve; leave small pieces of fat attached to pork.
- ☐ Combine pork, reserved fat, 2 cups water, and next 4 ingredients in deep 12-inch skillet. Bring to boil. Reduce heat, cover, and simmer until pork is tender, stirring occasionally, about 1 hour 45 minutes, adding more water by 1/4 cupfuls if necessary to keep pork partially submerged.
- ☐ Uncover; boil pork mixture until liquid is reduced by half, about 10 minutes. Stir in brandy; boil until liquid evaporates and meat browns and begins to get crisp, stirring often, about 15 minutes. Cool meat slightly. Discard any loose pieces of fat. Tear meat into strips; return to skillet. (Can be made 1 day ahead. Cover and chill.)
- ☐ Add 2 tablespoons water to skillet. Cover and rewarm pork over medium-low heat, stirring, about 5 minutes. Season with more salt, if desired.
- ☐ Transfer to bowl.
- ☐ Serve with warm tortillas, Avocado Salsa, and tomato salsa.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:7.7, Inflammation Score:-5, Nutrition Score:19.546521803607%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg,

Naringenin: 1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 547.56kcal (27.38%), Fat: 38.06g (58.55%), Saturated Fat: 12.09g (75.57%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 17.02g (6.19%), Sugar: 5.38g (5.97%), Cholesterol: 127.01mg (42.34%), Sodium: 935.47mg (40.67%), Alcohol: 2.51g (100%), Alcohol %: 0.95% (100%), Protein: 26.97g (53.95%), Vitamin B6: 1.07mg (53.58%), Selenium: 37.17µg (53.1%), Vitamin B3: 8.35mg (41.77%), Vitamin B1: 0.59mg (39.28%), Phosphorus: 327.43mg (32.74%), Vitamin C: 24.9mg (30.18%), Zinc: 4.43mg (29.56%), Vitamin B2: 0.44mg (26.03%), Vitamin D: 3.65µg (24.34%), Potassium: 617.94mg (17.66%), Magnesium: 55.26mg (13.82%), Vitamin B5: 1.19mg (11.88%), Copper: 0.23mg (11.34%), Iron: 2.04mg (11.33%), Vitamin B12: 0.6µg (10.05%), Fiber: 2.38g (9.52%), Manganese: 0.18mg (9.19%), Vitamin E: 1.07mg (7.14%), Calcium: 65.56mg (6.56%), Vitamin A: 248.37IU (4.97%), Folate: 16.67µg (4.17%), Vitamin K: 1.43µg (1.36%)