



 **12%**
HEALTH SCORE

Cuban Shredded Pork

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

READY IN



105 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 peppercorns black
- 0.3 cup cilantro leaves fresh chopped
- 1 sprig thyme sprigs fresh
- 3 cloves garlic peeled sliced
- 1 tablespoon garlic powder to taste
- 1 juice of lime juiced
- 2 tablespoons olive oil
- 1 large onion halved thinly sliced

- 1 tablespoon onion powder
- 1.5 pounds pork chops boneless
- 6 servings salt to taste
- 1 pint water to cover

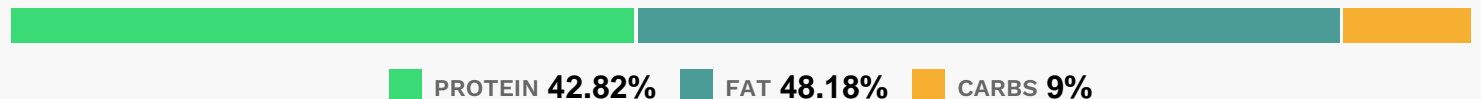
Equipment

- frying pan
- sauce pan

Directions

- In a large saucepan, combine water, juice of one lime, thyme sprig, peppercorns, garlic powder, onion powder and salt. Bring mixture to a boil.
- Add pork chops, reduce heat to medium-low and simmer for 1 to 1 1/2 hours, until meat is very tender.
- Add more water as necessary to keep chops covered.
- Turn off heat and let the chops rest in the broth for 30 minutes.
- Remove chops from broth and shred, removing excess fat; set aside.
- In a large frying pan, heat olive oil over medium-high heat.
- Add the shredded pork and fry until it is almost crisp, about 5 minutes.
- Add the onion and garlic and continue to cook until the onion is just tender yet slightly crisp, about 10 minutes more.
- Add the juice of one lime, mix though and toss with cilantro.
- Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:14.73173914785%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 239.55kcal (11.98%), Fat: 12.6g (19.39%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 4.45g (1.62%), Sugar: 1.28g (1.42%), Cholesterol: 75.98mg (25.33%), Sodium: 255.61mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Selenium: 38.38µg (54.82%), Vitamin B1: 0.78mg (52.26%), Vitamin B3: 9.13mg (45.66%), Vitamin B6: 0.91mg (45.31%), Phosphorus: 276.51mg (27.65%), Potassium: 505.09mg (14.43%), Vitamin B2: 0.22mg (13.17%), Zinc: 1.92mg (12.83%), Vitamin B12: 0.6µg (10.02%), Magnesium: 36.57mg (9.14%), Vitamin B5: 0.89mg (8.95%), Manganese: 0.12mg (5.88%), Vitamin E: 0.87mg (5.78%), Vitamin C: 4.55mg (5.52%), Copper: 0.11mg (5.5%), Vitamin K: 5.3µg (5.05%), Iron: 0.85mg (4.73%), Fiber: 0.85g (3.4%), Vitamin D: 0.45µg (3.02%), Calcium: 26.88mg (2.69%), Folate: 7.18µg (1.79%), Vitamin A: 61.31IU (1.23%)