



Cuban-Style Shredded Pork



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings black beans 'n' spuds
- ☐ 1 sprigs garnishes: cilantro dill pickle stacker fresh
- ☐ 7 tablespoons mojo criollo marinating sauce spanish quick (or Marinating Sauce)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 17 oz pork roast au jus fully cooked

Equipment

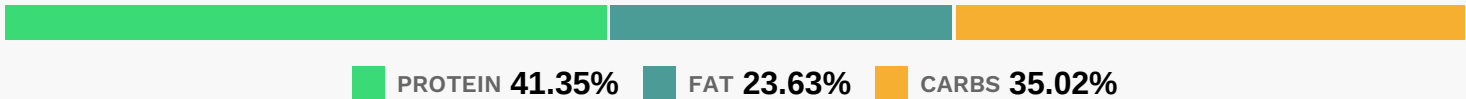
- ☐ frying pan

☐ paper towels

Directions

- ☐ Remove pork roast from package, and rinse with warm water; drain and pat dry with paper towels. Using two forks, break pork roast into chunks.
- ☐ Saut onion in hot oil in a large skillet over medium-high heat 3 minutes or until tender. Stir in mojo criollo sauce and roast. Cook 1 to 2 minutes or until thoroughly heated.
- ☐ Serve over Black Beans 'n' Spuds.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:4.29, Inflammation Score:-6, Nutrition Score:19.906087040577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 343.56kcal (17.18%), Fat: 8.9g (13.7%), Saturated Fat: 2.11g (13.22%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 21.87g (7.95%), Sugar: 6.91g (7.68%), Cholesterol: 75.91mg (25.3%), Sodium: 377.79mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.11%), Vitamin B1: 0.75mg (50.19%), Vitamin B6: 0.99mg (49.65%), Selenium: 34.51µg (49.29%), Phosphorus: 397.33mg (39.73%), Vitamin B3: 7.38mg (36.9%), Folate: 131.96µg (32.99%), Fiber: 7.82g (31.3%), Magnesium: 93.54mg (23.39%), Potassium: 785.43mg (22.44%), Zinc: 3.17mg (21.11%), Manganese: 0.42mg (20.81%), Vitamin B2: 0.28mg (16.56%), Iron: 2.52mg (13.99%), Copper: 0.26mg (12.87%), Vitamin B5: 1.13mg (11.3%), Vitamin B12: 0.61µg (10.24%), Vitamin E: 0.66mg (4.43%), Calcium: 34.01mg (3.4%), Vitamin D: 0.48µg (3.21%), Vitamin K: 2.23µg (2.12%), Vitamin C: 1.49mg (1.8%)