



# Famous Old Town Carnitas with Naga Serpent Salsa

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

READY IN



135 min.

SERVINGS



8

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 bay leaves
- 1 cup pepper flakes
- 4 cloves garlic
- 5 cloves garlic roughly chopped
- 1 medium onion roughly chopped
- 1 medium cranberry-orange relish
- 5 pounds goat meat (from the picnic end)

- 4 teaspoons salt
- 8 servings salt
- 1 cup serrano chiles
- 1 cup tomatillos fresh
- 8 servings tortillas for serving
- 5 pounds frangelico
- 5 pounds frangelico

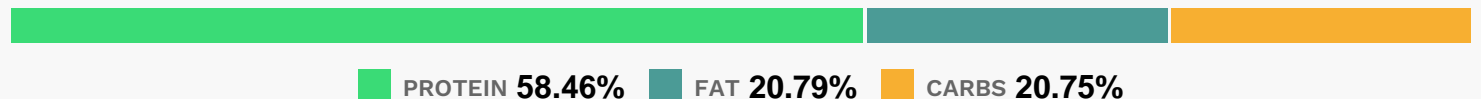
## Equipment

- sauce pan
- pot
- blender

## Directions

- Place the lard in a medium pot over medium heat. Once all of the lard is melted, add the pork cushion meat, salt, garlic and bay leaves.
- Cut the orange, squeeze it and add to the pot. Cook until the pork shreds easily, about 2 hours.
- Serve with the Naga Serpent Salsa in tortillas, and enjoy with a cold Mexican beer.
- Roughly chop the chiles and tomatillos and add to a saucepan over low heat. Cook for about 10 minutes.
- Add the garlic and onion and cook for an additional 10 minutes.
- Place all the ingredients into a blender and blend for 2 minutes. Season with salt.

## Nutrition Facts



## Properties

Glycemic Index:26.06, Glycemic Load:6.55, Inflammation Score:-7, Nutrition Score:30.640000078989%

## Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

## **Nutrients (% of daily need)**

Calories: 450.31kcal (22.52%), Fat: 10.1g (15.54%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 19.84g (7.21%), Sugar: 5.41g (6.01%), Cholesterol: 181.44mg (60.48%), Sodium: 1910.48mg (83.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.91g (127.81%), Vitamin B3: 31.72mg (158.61%), Selenium: 98.27µg (140.39%), Vitamin B6: 2.38mg (119.02%), Phosphorus: 688.37mg (68.84%), Vitamin C: 48.97mg (59.36%), Vitamin B5: 4.26mg (42.56%), Potassium: 1294.78mg (36.99%), Vitamin B1: 0.39mg (25.83%), Vitamin B2: 0.41mg (24.4%), Magnesium: 94.75mg (23.69%), Manganese: 0.36mg (18.02%), Iron: 2.68mg (14.87%), Folate: 55.72µg (13.93%), Zinc: 2mg (13.34%), Fiber: 2.84g (11.35%), Vitamin B12: 0.57µg (9.45%), Copper: 0.19mg (9.3%), Vitamin A: 445.08IU (8.9%), Vitamin K: 8.68µg (8.27%), Calcium: 80.17mg (8.02%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.28µg (1.89%)