



## Guisados' Cochinita Pibil Tacos

 Gluten Free  Dairy Free

READY IN



735 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons achiote paste
- 6 bay leaves
- 6 servings corn tortillas
- 6 servings cilantro leaves fresh chopped
- 2 cloves garlic
- 0.7 cup juice of lemon
- 6 servings lime wedges
- 6 servings vinegar-pickled onions

- 0.3 cup orange juice
- 2 pounds boston butt pork shoulder
- 6 servings habanero salsa your favorite (the hotter the better!)
- 6 servings salt and pepper freshly ground
- 0.5 teaspoon any of spices your favorite
- 1 onion diced white
- 0.3 cup citrus champagne vinegar
- 10 peppercorns whole

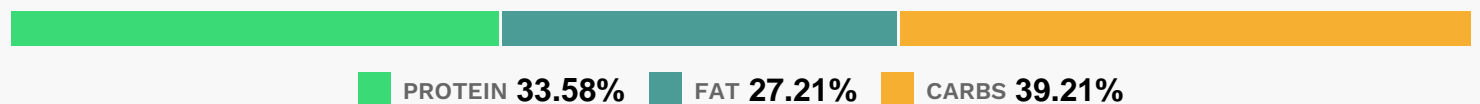
## Equipment

- pot

## Directions

- For the pork: Blend the lemon juice, orange juice, vinegar and achiote paste together.
- Pour the mixture over the pork in a large cooking pot and let it marinate overnight in the refrigerator.
- The following day, add 2 cups water, the peppercorns, bay leaves, garlic, onion, your favorite spices, and some salt and pepper.
- Let the pork cook over low heat for 3 to 4 hours. When the meat is tender and falling apart, it's ready.
- Serve with hot corn tortillas and your favorite garnishes.

## Nutrition Facts



## Properties

Glycemic Index:47.08, Glycemic Load:7.41, Inflammation Score:-6, Nutrition Score:17.10608695901%

## Flavonoids

Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg

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: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.1mg, Quercetin: 15.1mg, Quercetin: 15.1mg, Quercetin: 15.1mg

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

Calories: 248.87kcal (12.44%), Fat: 7.6g (11.69%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 24.64g (8.21%), Net Carbohydrates: 20.89g (7.6%), Sugar: 6.44g (7.15%), Cholesterol: 61.79mg (20.6%), Sodium: 492.67mg (21.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.1g (42.19%), Vitamin B1: 0.91mg (60.44%), Selenium: 29.68µg (42.4%), Vitamin B6: 0.62mg (31.03%), Phosphorus: 307.39mg (30.74%), Vitamin C: 24.88mg (30.16%), Vitamin B3: 4.89mg (24.45%), Zinc: 3.48mg (23.17%), Vitamin B2: 0.35mg (20.5%), Potassium: 623.44mg (17.81%), Fiber: 3.75g (14.99%), Manganese: 0.29mg (14.32%), Magnesium: 54.76mg (13.69%), Vitamin B12: 0.77µg (12.91%), Iron: 1.94mg (10.79%), Vitamin B5: 1.02mg (10.16%), Copper: 0.2mg (9.93%), Folate: 31.11µg (7.78%), Calcium: 67.99mg (6.8%), Vitamin A: 254.15IU (5.08%), Vitamin E: 0.59mg (3.97%), Vitamin K: 2.43µg (2.32%)