



Manteca Fried Carnitas

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

READY IN

ready

75 min.

SERVINGS

servings

15

CALORIES

calories

207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 bay leaves
- ☐ 5 pounds boston butt pork shoulder boneless cut into 1 1/2-inch cubes
- ☐ 1.5 teaspoons coarse ground pepper black
- ☐ 2 tablespoons kosher salt
- ☐ 2 large onions quartered
- ☐ 1 large cranberry-orange relish halved
- ☐ 3 garlic cloves whole
- ☐ 1 gallon lard for frying manteca

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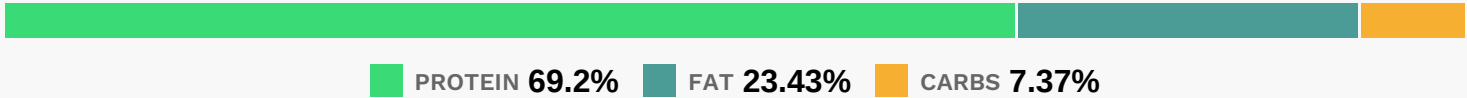
Equipment

- ☐ roasting pan
- ☐ slotted spoon

Directions

- ☐ Heat the lard in a deep roasting pan over medium heat. Stir in the pork, bay leaves, salt, pepper, onions, and garlic. Squeeze the orange into the mixture and drop in the orange halves.
- ☐ Add more lard if needed to cover all of the ingredients.
- ☐ Cook until the pork is tender enough to pull apart with a fork, 45 minutes to 1 hour. Discard the orange, onion, and garlic; strain the pork cubes from the lard using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:8.77, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:19.740869414547%

Flavonoids

Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg, Hesperetin: 3.34mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 207.31kcal (10.37%), Fat: 5.19g (7.98%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2g (2.22%), Cholesterol: 90.72mg (30.24%), Sodium: 1012.79mg (44.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.95%), Vitamin B3: 14.58mg (72.92%), Vitamin B1: 1mg (66.43%), Vitamin B6: 1.13mg (56.59%), Selenium: 39.27µg (56.1%), Vitamin B2: 0.71mg (42.03%), Phosphorus: 355.04mg (35.5%), Vitamin B12: 1.32µg (21.92%), Zinc: 3mg (20.03%), Potassium: 628.4mg (17.95%), Vitamin B5: 1.55mg (15.46%), Magnesium: 43.1mg (10.78%), Vitamin C: 8.21mg (9.95%), Iron: 1.45mg (8.08%), Copper: 0.13mg (6.68%), Manganese: 0.09mg (4.56%), Fiber: 0.71g (2.83%), Calcium: 22.97mg (2.3%), Folate: 7.6µg (1.9%)