



Orange Carnitas

READY IN



45 min.

SERVINGS



4

CALORIES



1409 kcal

SIDE DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 8 warm flour tortillas (10 in.)
- 0.3 cup green onions thinly sliced (including tops)
- 1.5 teaspoons ground cumin
- 0.3 cup nonfat cream sour
- 0.5 lb onion peeled chopped
- 2 cups orange juice
- 2 teaspoons orange peel grated
- 1 pound fat-trimmed boned pork shoulder

0.3 cup tomato salsa

4 servings salt

Equipment

frying pan

Directions

Cut pork into 1/4- to 1/2-inch cubes. Put a 10- to 12-inch nonstick frying pan over high heat, add pork, and stir often until meat is gray, 5 to 6 minutes.

Add orange peel, 1 cup orange juice, onion, and cumin to pan. Stir often over medium-high heat until liquid has evaporated and meat is lightly browned, about 20 minutes.

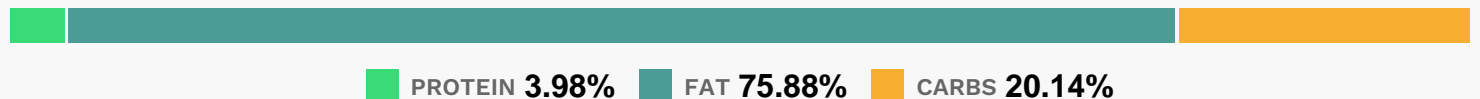
Add 1/2 cup orange juice, scrape browned bits free, and stir until juice evaporates, about 5 minutes.

Add black beans and remaining 1/2 cup orange juice and stir just until beans are hot, about 2 minutes.

Serve pork mixture in warm tortillas, adding green onions, sour cream, salsa, and salt to taste.

Roll to enclose filling.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:17.25, Inflammation Score:-8, Nutrition Score:24.030434916849%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 1408.59kcal (70.43%), Fat: 119.03g (183.12%), Saturated Fat: 46.36g (289.73%), Carbohydrates: 71.08g (23.69%), Net Carbohydrates: 59.64g (21.69%), Sugar: 16.16g (17.95%), Cholesterol: 109.45mg (36.48%), Sodium: 1218.91mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Vitamin C: 72.46mg (87.83%), Fiber: 11.44g (45.75%), Folate: 177.91µg (44.48%), Vitamin B1: 0.61mg (40.94%), Manganese: 0.7mg (34.9%), Phosphorus: 308.12mg (30.81%), Iron: 5.29mg (29.37%), Potassium: 852.41mg (24.35%), Selenium: 16.71µg (23.87%), Vitamin B2: 0.4mg (23.23%), Vitamin K: 22.87µg (21.78%), Vitamin B3: 4.22mg (21.08%), Magnesium: 79.52mg (19.88%), Calcium: 196.23mg (19.62%), Vitamin D: 2.84µg (18.9%), Copper: 0.37mg (18.74%), Vitamin B6: 0.26mg (13.18%), Vitamin A: 503.07IU (10.06%), Zinc: 1.39mg (9.24%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.65mg (6.54%)