






 **55%**
HEALTH SCORE

Pat's Pulled Pork Tacos

 **Gluten Free**

READY IN

135 min.

SERVINGS

8

CALORIES

465 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 1 carrots shredded peeled
- 1 cup chicken stock see
- 1 teaspoon chipotle chili powder
- 8 servings cilantro leaves chopped for garnish
- 1 package corn tortillas warmed
- 0.3 cup cilantro leaves fresh

- 4 cloves garlic smashed
- 4 tablespoons freshly green onions sliced
- 1 teaspoon ground cumin
- 1 tablespoons honey
- 1 lime juiced halved
- 2 tablespoons juice of lime fresh
- 1 head napa cabbage shredded
- 1 medium onion peeled quartered
- 1 cranberry-orange relish juiced halved
- 1 teaspoon oregano dried
- 3.5 pound pork butt boneless cut into 3-inch chunks
- 4 tablespoons rice wine vinegar
- 2 teaspoons salt
- 8 servings salt and pepper black freshly ground
- 8 servings cup heavy whipping cream sour for garnish
- 1 tablespoon sugar
- 1 small can tomato purée

Equipment

- bowl
- oven
- whisk
- pot
- wooden spoon
- dutch oven
- cutting board

Directions

- Preheat the oven to 325 degrees F.

- Mix the oregano, chipotle powder, cumin, salt and pepper together in a small bowl.
- Season the cubed pork chunks with the spice mixture and put into a large Dutch oven.
- Add the onion, garlic, chicken stock, the tomato puree, honey, orange and lime juice, and the juiced orange and lime halves. Stir together with a wooden spoon.
- Put the pot on medium heat and bring the mixture to a simmer.
- Transfer to the oven and cook, covered, until the pork is tender and easily shreds, about 1 hour and 45 minutes.
- Remove the meat from the Dutch oven to a cutting board. Set the Dutch oven over medium heat and reduce the liquid until it becomes slightly syrupy, about 10 minutes. Meanwhile, shred the meat and add to a bowl.
- Drizzle the reduced cooking liquid into the pork and toss.
- Serve with tortillas, cilantro, sour cream and Zesty Slaw.
- Whisk the rice wine vinegar, lime juice, canola oil, and sugar together in a small bowl.
- Add the cabbage, cilantro, green onions, and carrot to a large serving bowl and combine.
- Drizzle with the dressing and toss to coat. Season with salt and pepper, to taste, and serve.

Nutrition Facts

PROTEIN 36.88% **FAT 33.34%** **CARBS 29.78%**

Properties

Glycemic Index:80.15, Glycemic Load:12.41, Inflammation Score:-9, Nutrition Score:40.594348098921%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.4mg, Hesperetin: 8.4mg, Hesperetin: 8.4mg, Hesperetin: 8.4mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 464.71kcal (23.24%), Fat: 17.35g (26.69%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 28.81g (10.48%), Sugar: 11.5g (12.78%), Cholesterol: 127.05mg (42.35%), Sodium: 862.81mg

(37.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.34%), Selenium: 60.8µg (86.85%), Vitamin B1: 1.27mg (84.93%), Vitamin B6: 1.55mg (77.3%), Vitamin C: 50.24mg (60.9%), Vitamin K: 63.9µg (60.86%), Phosphorus: 596.05mg (59.6%), Vitamin B2: 0.94mg (55.4%), Vitamin B3: 11.05mg (55.25%), Zinc: 7.75mg (51.65%), Vitamin A: 2014.9IU (40.3%), Potassium: 1324.94mg (37.86%), Vitamin B5: 3.58mg (35.75%), Vitamin B12: 1.83µg (30.52%), Manganese: 0.58mg (28.93%), Folate: 112.68µg (28.17%), Magnesium: 104.78mg (26.2%), Iron: 4.45mg (24.72%), Fiber: 6.05g (24.21%), Copper: 0.45mg (22.6%), Calcium: 203.5mg (20.35%), Vitamin E: 2.01mg (13.38%), Vitamin D: 1.19µg (7.94%)