



Pibil-Style Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup achiote paste
- ☐ 2 teaspoons coarse kosher salt
- ☐ 12 servings corn tortillas
- ☐ 4 garlic cloves peeled
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 medium onion quartered

- ☐ 12 servings yucatecan pickled onions
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon oregano dried (preferably Mexican)
- ☐ 4.5 pound pork shoulder roast bone-in (Boston butt)
- ☐ 1 tablespoon red wine vinegar
- ☐ 12 servings habanero-tomato salsa

Equipment

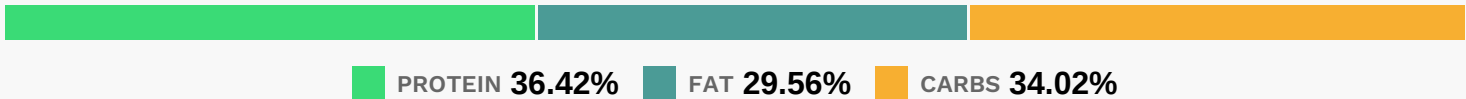
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Heat medium skillet over medium-high heat.
- ☐ Add onion and garlic to dry skillet and cook until browned in spots on all sides, turning occasionally, about 8 minutes for onion and 4 minutes for garlic. Core and coarsely chop onion.
- ☐ Transfer onion and garlic to blender.
- ☐ Add orange juice and next 7 ingredients to blender; puree until smooth.
- ☐ Transfer to large resealable plastic bag; add pork. Seal bag, releasing excess air; turn to coat. Chill at least 4 hours and up to 1 day, turning occasionally.
- ☐ For charcoal grill, light 30 briquettes in chimney starter; heat until ash-gray.
- ☐ Remove top rack from grill and place 1 disposable aluminum pan on 1 side of grill.
- ☐ Pour briquettes onto opposite side of grill. Return rack to grill.
- ☐ For 2-burner gas grill, remove rack and place 1 disposable aluminum pan on 1 side of grill. Return rack; light grill (medium heat) on side opposite pan.

- ☐ For 3-burner gas grill, remove rack and place 1 disposable aluminum pan in center of barbecue. Return rack and light grill on both sides of pan (not under pan).
- ☐ For all grills, brush rack with oil.
- ☐ Place pork with some marinade still clinging on rack above pan. Close lid; insert thermometer into hole in lid. Cook pork until instant-read thermometer inserted into center of roast registers 195°F, about 3 1/2 hours, maintaining grills internal temperature at around 350°F by opening and closing vents, adjusting gas grill's burners, or adding more hot briquettes from chimney starter to charcoal grill.
- ☐ Transfer pork to cutting board and let rest 10 minutes. Pull out and discard bone and any large lumps of fat. Using 2 forks or large knife, shred the pork; transfer to platter.
- ☐ Drizzle with a few spoonfuls of drippings from aluminum pan in barbecue, if desired.
- ☐ Grill tortillas until slightly charred, about 10 seconds per side.
- ☐ Serve pork with tortillas, Yucatecan Pickled Onions, and Habanero-Tomato Salsa.

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:6.84, Inflammation Score:-6, Nutrition Score:17.090869478557%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg

Nutrients (% of daily need)

Calories: 252.96kcal (12.65%), Fat: 8.34g (12.84%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 18.14g (6.6%), Sugar: 4.88g (5.42%), Cholesterol: 69.52mg (23.17%), Sodium: 691.43mg (30.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Vitamin B1: 0.99mg (66.24%), Selenium: 32.98µg (47.12%), Phosphorus: 325.04mg (32.5%), Vitamin B6: 0.64mg (32.03%), Vitamin B3: 5.32mg (26.58%), Zinc: 3.81mg (25.37%), Vitamin B2: 0.38mg (22.1%), Potassium: 610.89mg (17.45%), Vitamin B12: 0.87µg (14.53%), Vitamin C: 11.98mg (14.52%), Fiber: 3.46g (13.85%), Magnesium: 54.45mg (13.61%), Manganese: 0.27mg (13.38%),

Iron: 2.06mg (11.43%), Vitamin B5: 1.06mg (10.55%), Copper: 0.2mg (9.95%), Calcium: 66.75mg (6.67%), Folate: 22.97µg (5.74%), Vitamin A: 183.3IU (3.67%), Vitamin E: 0.52mg (3.45%), Vitamin K: 2.46µg (2.35%)