



Pork Carnitas

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chipotles in adobo or chopped
- 14 oz corn tortillas
- 4 cloves garlic
- 2 jalapeño chiles fresh seeded sliced
- 1 onion sliced
- 2 lb boned pork butt
- 6 servings salt and pepper
- 1 tablespoon vegetable oil

Equipment

- frying pan
- knife
- wooden spoon
- slow cooker

Directions

- Place onion, chipotles and 1/4 cup water in slow cooker. Stir to combine. Using a knife, make incisions all over pork and insert garlic. Season roast with salt and pepper.
- Heat a large pan over medium-high heat and add oil. Put roast in pan and brown on all sides, about 8 minutes.
- Transfer roast to slow cooker.
- Pour 1/2 cup water into pan and stir over low heat, using a wooden spoon to scrape up browned bits.
- Pour liquid into slow cooker. Cover and cook on high for 6 hours.
- Remove roast from slow cooker and let cool. Shred pork, using two forks to pull meat apart. Return pulled pork to slow cooker and stir to combine with onions, chipotles and juices.
- Serve pork with warm tortillas and toppings of your choice.

Nutrition Facts

 **PROTEIN 34.41%**  **FAT 30.6%**  **CARBS 34.99%**

Properties

Glycemic Index:23.25, Glycemic Load:13.41, Inflammation Score:-5, Nutrition Score:23.363478142282%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 378.82kcal (18.94%), Fat: 12.83g (19.74%), Saturated Fat: 3.68g (23%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 27.86g (10.13%), Sugar: 1.91g (2.12%), Cholesterol: 90.72mg (30.24%), Sodium: 323.1mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Selenium: 47.07µg (67.24%), Vitamin B1: 0.92mg (61.34%), Phosphorus: 522.72mg (52.27%), Vitamin B6: 1mg (49.95%), Zinc: 6.01mg (40.05%), Vitamin B3: 7.72mg (38.6%), Vitamin B2: 0.63mg (37.29%), Vitamin B5: 2.49mg (24.91%), Vitamin B12: 1.38µg (22.93%), Magnesium: 83.93mg (20.98%), Fiber: 5.15g (20.61%), Potassium: 682mg (19.49%), Iron: 2.83mg (15.75%), Manganese: 0.3mg (14.87%), Copper: 0.27mg (13.58%), Vitamin C: 7.52mg (9.11%), Calcium: 83.26mg (8.33%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.91mg (6.04%), Vitamin K: 5.14µg (4.89%), Folate: 8.11µg (2.03%), Vitamin A: 52.43IU (1.05%)