



Pork Carnitas

 Gluten Free  Dairy Free

READY IN



615 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds boston butt pork shoulder boneless bone-in
- 4 cloves garlic minced
- 1 teaspoon ground cumin
- 1 jalapeño seeded chopped
- 1 tablespoon olive oil
- 1 onion coarsely chopped
- 1 cranberry-orange relish cut in half
- 2 teaspoons oregano dried

- 6 servings salt and pepper black freshly ground
- 3 tablespoons vegetable oil

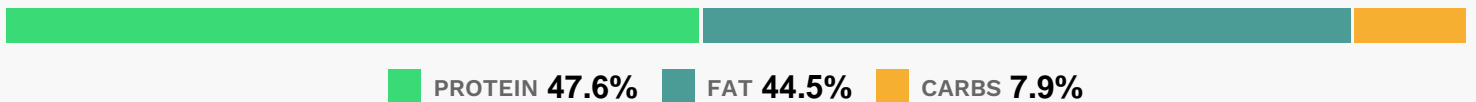
Equipment

- frying pan
- slow cooker

Directions

- Watch how to make this recipe.
- Rinse and dry the pork shoulder. Salt and pepper liberally.
- Mix the oregano and the cumin with olive oil and rub all over pork.
- Place the pork in a slow cooker and top with the onion, garlic, and jalapeno. Squeeze over the juice of the orange and add the two halves. Cover and cook on low for 8 to 10 hours or on high 4 hours.
- Once the meat is tender, remove from slow cooker and let cool slightly before pulling apart with a fork. In a large saute pan, heat the vegetable oil over high heat. Press the carnitas into the oil and fry until crusty on one side.
- Serve.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:22.153478067854%

Flavonoids

Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 297.28kcal (14.86%), Fat: 14.44g (22.22%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.97g (3.3%), Cholesterol: 90.72mg (30.24%), Sodium: 83.58mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.53%), Vitamin B3: 14.69mg (73.46%), Vitamin B1: 1.01mg (67.4%), Vitamin B6: 1.17mg (58.5%), Selenium: 39.56µg (56.51%), Vitamin B2: 0.73mg (42.67%), Phosphorus: 361.09mg (36.11%), Vitamin B12: 1.32µg (21.92%), Zinc: 3.06mg (20.38%), Vitamin C: 16.4mg (19.88%), Potassium: 667.33mg (19.07%), Vitamin K: 18.78µg (17.88%), Vitamin B5: 1.59mg (15.89%), Magnesium: 47.37mg (11.84%), Iron: 1.94mg (10.76%), Vitamin E: 1.28mg (8.5%), Copper: 0.15mg (7.37%), Manganese: 0.14mg (7.16%), Fiber: 1.29g (5.15%), Calcium: 41.65mg (4.17%), Folate: 12.35µg (3.09%), Vitamin A: 90.95IU (1.82%)