



## Pork Carnitas

 **Gluten Free**  **Dairy Free**

READY IN



**370 min.**

SERVINGS



**8**

CALORIES



**227 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 lb pork shoulder boneless trimmed cut into 2-inch chunks, of excess fat
- 1 teaspoon chili powder
- 3 cloves garlic
- 0.5 teaspoon ground cumin
- 1 large onion quartered
- 0.5 teaspoon oregano dried
- 2 teaspoons salt

## Equipment

slow cooker

## Directions

Sprinkle pork with salt, chili powder, cumin and oregano.

Place in a slow cooker along with onion and garlic. Cover and cook on low until meat is tender and falling apart, about 6 hours. Shred pork and serve hot.

## Nutrition Facts



**PROTEIN 71.25%** **FAT 24.35%** **CARBS 4.4%**

## Properties

Glycemic Index:8.38, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:21.660000355347%

## Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 226.7kcal (11.34%), Fat: 5.88g (9.04%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.83g (0.92%), Cholesterol: 102.06mg (34.02%), Sodium: 678.5mg (29.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.37%), Vitamin B3: 16.4mg (82.01%), Vitamin B1: 1.11mg (73.98%), Vitamin B6: 1.27mg (63.58%), Selenium: 44.2µg (63.15%), Vitamin B2: 0.8mg (47.1%), Phosphorus: 398.24mg (39.82%), Vitamin B12: 1.48µg (24.66%), Zinc: 3.38mg (22.56%), Potassium: 683.66mg (19.53%), Vitamin B5: 1.7mg (17.03%), Magnesium: 47.56mg (11.89%), Iron: 1.75mg (9.72%), Copper: 0.14mg (7.24%), Manganese: 0.08mg (4.15%), Calcium: 22.6mg (2.26%), Vitamin C: 1.75mg (2.12%), Fiber: 0.5g (1.98%), Vitamin E: 0.26mg (1.75%), Vitamin A: 78.32IU (1.57%), Vitamin K: 1.14µg (1.09%)