



Pork Carnitas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 2 chipotle chiles in adobo sauce canned drained chopped
- ☐ 20 6-inch corn tortillas warmed ()
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 10 garlic cloves sliced
- ☐ 2 teaspoons ground cumin
- ☐ 2 tablespoons juice of lime fresh

- ☐ 10 lime wedges
- ☐ 0.7 cup onion chopped
- ☐ 0.8 cup orange juice
- ☐ 1 teaspoon oregano dried
- ☐ 0.7 cup bottled salsa
- ☐ 0.8 teaspoon salt

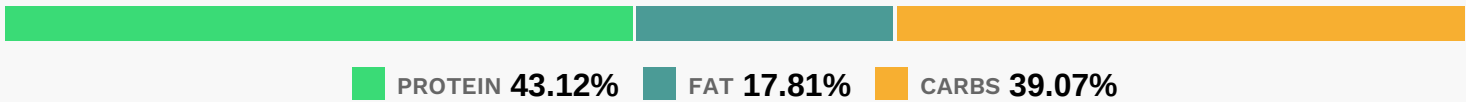
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Make 1/2-inch-deep slits on outside of roast; stuff with garlic.
- ☐ Combine cumin and next 3 ingredients (through black pepper) in a small bowl.
- ☐ Place roast in a 3 1/2-quart electric slow cooker.
- ☐ Sprinkle pork on all sides with spice mixture.
- ☐ Combine juices and chipotle chiles.
- ☐ Pour juice mixture over pork. Cover and cook on LOW for 8 hours or until pork is tender.
- ☐ Remove pork from slow cooker; shred with 2 forks. Skim fat from cooking liquid.
- ☐ Combine shredded pork and 1/2 cup cooking liquid; toss well.
- ☐ Spoon 1 1/2 ounces pork mixture onto each tortilla; top each with 1 1/2 teaspoons onion, 1 1/2 teaspoons salsa, and 1 1/2 teaspoons cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:12.01, Inflammation Score:-6, Nutrition Score:23.974782674209%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 318.99kcal (15.95%), Fat: 6.35g (9.77%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 26.48g (9.63%), Sugar: 3.74g (4.16%), Cholesterol: 81.65mg (27.22%), Sodium: 387.8mg (16.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.58g (69.17%), Vitamin B3: 14.23mg (71.14%), Vitamin B1: 0.97mg (64.68%), Vitamin B6: 1.2mg (59.94%), Selenium: 39.05µg (55.79%), Phosphorus: 497.91mg (49.79%), Vitamin B2: 0.69mg (40.72%), Zinc: 3.49mg (23.24%), Potassium: 759.08mg (21.69%), Vitamin C: 17.82mg (21.6%), Magnesium: 83.06mg (20.76%), Vitamin B12: 1.18µg (19.73%), Fiber: 4.87g (19.47%), Manganese: 0.32mg (15.89%), Vitamin B5: 1.55mg (15.46%), Iron: 2.59mg (14.37%), Copper: 0.24mg (11.86%), Calcium: 80.97mg (8.1%), Vitamin K: 5.7µg (5.43%), Vitamin A: 213.58IU (4.27%), Vitamin E: 0.6mg (4.01%), Folate: 13.92µg (3.48%)