



Pork Carnitas Gorditas

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter chilled cut into small pieces
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 cup fat-free less-sodium chicken broth fat-free
- ☐ 3.3 ounces flour all-purpose
- ☐ 2 tablespoons fresh cilantro fresh chopped
- ☐ 1 teaspoon juice of lime fresh

- ☐ 1.5 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 cup fatty pork
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.5 cup salsa verde green (salsa)
- ☐ 0.5 teaspoon salt

Equipment

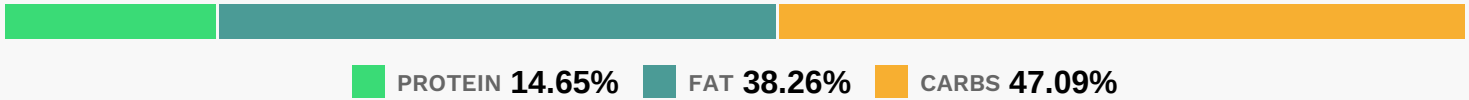
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon masa harina and flour into dry measuring cups; level with a knife.
- ☐ Combine masa harina, flour, baking powder, and salt in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add broth; stir just until moist. Turn dough out onto a lightly floured surface; knead lightly 5 or 6 times.
- ☐ Divide dough into 6 equal portions. Shape each portion into a ball. Press each ball into a 6-inch circle on a lightly floured surface (cover remaining balls to prevent drying).
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Place 1 gordita in pan; cook 2 minutes on each side or until lightly browned.
- ☐ Remove gordita from pan; cover and keep warm. Repeat the procedure with cooking spray and remaining gorditas.
- ☐ Place beans in a bowl; mash with a fork to desired consistency.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beans; cook 2 minutes, stirring frequently. Stir in salsa verde; cook 2 minutes or until liquid almost evaporates, stirring frequently.

- ☐
- Combine avocado and lime juice; toss gently to coat.
- ☐
- Spread about 1/4 cup bean mixture on each gordita; top with about 2 1/2 tablespoons Pork Carnitas and 2 teaspoons avocado mixture.
- ☐
- Sprinkle 1 teaspoon onion and 1 teaspoon chopped cilantro over each serving.
- ☐
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:12.19, Inflammation Score:0, Nutrition Score:16.874347987382%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 395.95kcal (19.8%), Fat: 16.97g (26.1%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 40.98g (14.9%), Sugar: 2.2g (2.45%), Cholesterol: 43.44mg (14.48%), Sodium: 743.96mg (32.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Vitamin B1: 0.88mg (58.57%), Vitamin B3: 5.99mg (29.95%), Selenium: 19.98µg (28.54%), Folate: 113.82µg (28.45%), Phosphorus: 268.24mg (26.82%), Vitamin B2: 0.43mg (25.35%), Iron: 4.41mg (24.5%), Manganese: 0.49mg (24.27%), Fiber: 6.01g (24.03%), Vitamin B6: 0.37mg (18.59%), Magnesium: 63.81mg (15.95%), Potassium: 556.07mg (15.89%), Zinc: 1.95mg (13.03%), Calcium: 113.87mg (11.39%), Copper: 0.23mg (11.39%), Vitamin A: 374.99IU (7.5%), Vitamin B5: 0.63mg (6.29%), Vitamin B12: 0.36µg (6.06%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.77µg (3.59%), Vitamin C: 2.65mg (3.21%)