



## Pork Carnitas with Caramelized Onions and Chipotle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 chipotle chile canned chopped
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped ( 2 medium)
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 1.5 pounds boston butt pork roast boneless trimmed cut into (1-inch) cubes
- ☐ 1 teaspoon salt

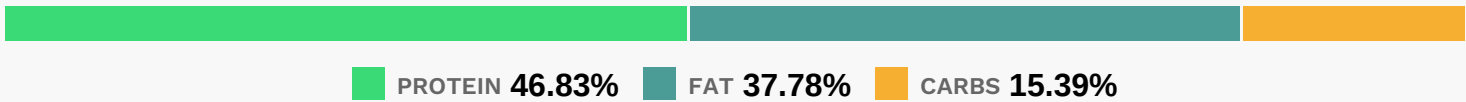
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a large zip-top plastic bag; seal and shake to coat pork. Refrigerate 8 hours or overnight.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Remove pork from bag.
- ☐ Add pork to pan; cook 10 minutes, browning on all sides.
- ☐ Remove from pan.
- ☐ Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 5 minutes or until lightly browned. Stir in salt, cumin, and chile. Return pork to pan, and add broth. Bring to a simmer; cover. Cook 2 hours or until pork is very tender.
- ☐ Remove from heat; discard bay leaves. Stir in cilantro and juice.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:15.938695730075%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg, Quercetin: 10.92mg

Nutrients (% of daily need)

Calories: 195.35kcal (9.77%), Fat: 8.07g (12.42%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.62g (2.91%), Cholesterol: 68.04mg (22.68%), Sodium: 735.12mg (31.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Selenium: 34.19µg (48.84%), Vitamin B1: 0.67mg (44.73%), Vitamin B6: 0.71mg (35.56%), Vitamin B2: 0.47mg (27.78%), Vitamin B3: 5.47mg (27.36%), Zinc: 3.98mg (26.55%), Phosphorus: 259.05mg (25.9%), Vitamin B5: 1.95mg (19.53%), Vitamin B12: 1.16µg (19.4%), Potassium: 512.54mg (14.64%), Iron: 2.09mg (11.62%), Manganese: 0.23mg (11.33%), Magnesium: 34.87mg (8.72%), Copper: 0.17mg (8.46%), Vitamin C: 5.44mg (6.6%), Fiber: 1.62g (6.49%), Vitamin K: 5.98µg (5.7%), Calcium: 50.7mg (5.07%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.61mg (4.09%), Folate: 12.81µg (3.2%)