






Pork Carnitas with Chipotle BBQ Sauce and Slaw

 Gluten Free

READY IN

45 min.

SERVINGS

4

CALORIES

595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pork chops bone in
- 1 cup orange juice
- 1 cup pineapple juice
- 3 cloves garlic
- 1 TBSP ground coriander
- 1 TBSP ground cumin
- 1 TBSP chili powder

- 1 TBSP garlic powder
- 1 TBSP onion powder
- 1 TBSP pepper
- 1 cup catsup
- 2 TBSP brown sugar
- 2 TBSP brown sugar
- 2 TBSP dijon mustard
- 0.5 cup vinegar white
- 0.5 cup orange juice
- 2 TBSP honey
- 1 TBSP salt
- 2 TBSP chipotles in adobo finely chopped
- 2 cup cabbage green chopped
- 1 cup onion red thinly sliced
- 0.5 cup cilantro leaves shredded
- 2 juice of lime
- 0.5 cup nonfat greek yogurt plain

Equipment

- bowl
- sauce pan
- whisk
- slow cooker

Directions

- Lay 4 Pork Chops in the slow cooker.
- Add the juices, garlic and powders evenly over the pork chops.
- Place lid on slow cooker and turn the slow cooker on low for 6 hrs, rotating pork chops half way through. Once done, let pork chops cool slightly and shred into bite sized pieces.

- Add all ingredients into a medium sauce pan and whisk. Bring up to a simmer and cook for 15 min, until thickened.
- Remove from heat and add the pork to the BBQ Sauce and toss together.
- Make the slaw: Chop the cabbage and red onion.
- Place in a medium bowl and add cilantro.
- Add Lime juice and greek yogurt. Toss together until evenly distributed.
- Serve in corn tortillas and chips with salsa.

Nutrition Facts

PROTEIN 27.82% **FAT 25.28%** **CARBS 46.9%**

Properties

Glycemic Index:114.82, Glycemic Load:14.75, Inflammation Score:-9, Nutrition Score:37.12652173913%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Taste

Sweetness: 100%, Saltiness: 95.41%, Sourness: 48.6%, Bitterness: 32.08%, Savoriness: 65.23%, Fattiness: 58.67%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 594.93kcal (29.75%), Fat: 17g (26.16%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 70.98g (23.66%), Net Carbohydrates: 65.45g (23.8%), Sugar: 51.65g (57.39%), Cholesterol: 118.21mg (39.4%), Sodium: 2527.91mg (109.91%), Protein: 42.09g (84.19%), Selenium: 65.65µg (93.79%), Vitamin C: 77.28mg (93.67%), Vitamin B6: 1.63mg (81.71%), Vitamin B1: 1.05mg (70.2%), Vitamin B3: 13.24mg (66.22%), Phosphorus: 498.42mg (49.84%), Manganese: 0.95mg (47.75%), Potassium: 1384.01mg (39.54%), Vitamin K: 40µg (38.1%), Vitamin B2: 0.61mg (35.71%), Zinc: 3.98mg (26.56%), Magnesium: 104.95mg (26.24%), Vitamin A: 1311.64IU (26.23%), Iron: 4.35mg (24.16%), Fiber: 5.53g (22.13%), Copper: 0.39mg (19.38%), Folate: 75.19µg (18.8%), Calcium: 180.49mg (18.05%), Vitamin B5: 1.8mg (17.95%), Vitamin B12: 1.07µg (17.89%), Vitamin E: 2.15mg (14.34%), Vitamin D: 0.85µg (5.65%)