



Pork Carnitas with Cilantro Tomatillo Sauce



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chipotle chile powder spice islands®
- ☐ 1 tablespoon chili powder spice islands®
- ☐ 2 tablespoons corn oil mazola®
- ☐ 4 corn tortillas
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 0.5 teaspoon garlic powder spice islands®
- ☐ 0.3 cup onions chopped
- ☐ 1 pound boston butt pork shoulder

- ☐ 2 tomatillos finely chopped
- ☐ 0.5 cup tomatoes finely chopped

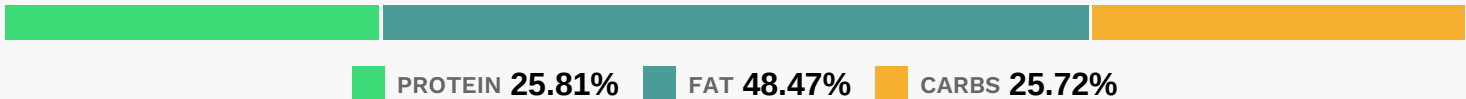
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cut pork into 1 inch cubes; season with salt and pepper.
- ☐ Heat oil in large skillet or Dutch oven.
- ☐ Add pork, onions, garlic powder, chili powder and chipotle chile powder; saute 3 to 5 minutes to brown the meat.
- ☐ Add enough water to barely cover pork. Bring to a boil; cover, reduce heat and simmer 30 minutes.
- ☐ Remove lid and continue to simmer an additional 45 minutes or until liquid has evaporated.
- ☐ Combine chopped tomatillos, tomatoes and cilantro in a small bowl.
- ☐ Place an equal amount of pork on each tortilla. Top with tomatillo salsa.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:5.44, Inflammation Score:-6, Nutrition Score:13.579565359199%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 241.85kcal (12.09%), Fat: 13.21g (20.32%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 12.57g (4.57%), Sugar: 2.1g (2.33%), Cholesterol: 46.35mg (15.45%), Sodium: 99.52mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.65%), Vitamin B1: 0.66mg (44.15%), Selenium: 22.63µg (32.33%), Phosphorus: 243.4mg (24.34%), Vitamin B6: 0.43mg (21.5%), Vitamin B3: 4.03mg (20.15%), Zinc: 2.7mg (18.01%), Vitamin A: 839.88IU (16.8%), Vitamin B2: 0.27mg (15.72%), Vitamin E: 2.07mg (13.79%), Fiber: 3.2g (12.8%), Potassium: 437.22mg (12.49%), Vitamin K: 11.4µg (10.86%), Magnesium: 43.22mg (10.81%), Manganese: 0.2mg (9.76%), Vitamin B12: 0.58µg (9.68%), Iron: 1.73mg (9.58%), Copper: 0.16mg (7.99%), Vitamin C: 6.12mg (7.42%), Vitamin B5: 0.68mg (6.78%), Calcium: 43.66mg (4.37%), Folate: 12µg (3%)