



Pork Carnitas with Garlic and Orange



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



40

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon ancho chili powder pure
- ☐ 3.5 pounds pork shoulder boneless
- ☐ 20 cloves garlic unpeeled
- ☐ 3 jalapeno diced seeded
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 40 servings pepper freshly ground
- ☐ 40 servings salt
- ☐ 40 servings tortillas for serving

☐ 40 servings vegetable oil for drizzling

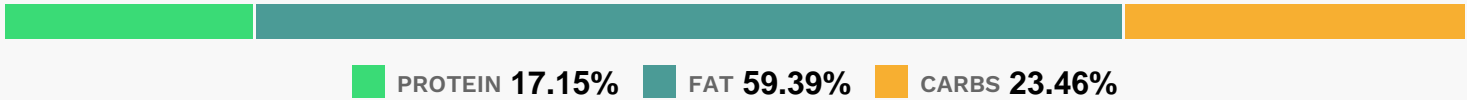
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 32
- ☐ In a roasting pan, rub the pork all over with oil and season with salt and pepper. Turn the pork meaty side up and sprinkle with the ancho.
- ☐ Add 1/2 cup of water, cover with foil and bake for 1 hour.
- ☐ Scatter the garlic cloves and jalapeos around the pork and bake uncovered for 2 hours, turning the pan after 1 hour.
- ☐ Transfer the garlic cloves and jalapeos to a plate.
- ☐ Increase the oven temperature to 37
- ☐ Cut the pork into 4 thick slices. Using 2 forks, pull the pork into large chunks. Arrange the chunks in the pan, browned sides up. Peel the garlic and add the cloves to the pan. Roast the pork for 30 minutes, until well-browned and crisp. Pull into smaller pieces and roast for 30 minutes longer.
- ☐ Transfer the pork and garlic to a large platter and scatter the jalapeos on top.
- ☐ Pour off all but 1 tablespoon of fat from the roasting pan. Set the pan over moderate heat, add the orange juice and boil, scraping up the browned bits; pour over the pork and toss to coat. Season with salt and pepper and serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:10.073478229668%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 270.29kcal (13.51%), Fat: 17.77g (27.35%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.64g (5.32%), Sugar: 1.44g (1.6%), Cholesterol: 23.81mg (7.94%), Sodium: 437.18mg (19.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Vitamin B1: 0.41mg (27.56%), Vitamin K: 28.35µg (27%), Vitamin B3: 5.18mg (25.9%), Selenium: 17.17µg (24.52%), Vitamin B6: 0.33mg (16.49%), Vitamin B2: 0.27mg (16.07%), Phosphorus: 156.09mg (15.61%), Manganese: 0.19mg (9.72%), Iron: 1.5mg (8.33%), Vitamin E: 1.24mg (8.25%), Folate: 29.49µg (7.37%), Zinc: 0.96mg (6.38%), Potassium: 204.69mg (5.85%), Vitamin B12: 0.35µg (5.75%), Calcium: 50.49mg (5.05%), Fiber: 1.16g (4.64%), Vitamin B5: 0.46mg (4.59%), Magnesium: 18.04mg (4.51%), Vitamin C: 3.26mg (3.96%), Copper: 0.07mg (3.48%)