

Pork for Tamales

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 8 peppercorns black
- 1 clove garlic peeled
- 0.5 onion
- 1 pound pork butt roast
- 1 chile pepper dried red
- 16 servings salt to taste
- 2.5 cups water

Equipment

sauce pan

Directions

- Trim fat from pork butt.
- Cut into chunks and place in a large saucepan.
- Add water, onion, garlic, bay leaf, salt, peppercorns and chile pepper. Bring to a boil; skim foam from surface. Reduce heat, cover and simmer for 1 hour.
- Drain broth, let meat cool and shred with a fork. Refrigerate overnight if desired.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.3395652479452%

Flavonoids

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: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 39.32kcal (1.97%), Fat: 1.63g (2.5%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.16g (0.18%), Cholesterol: 17.01mg (5.67%), Sodium: 214.27mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Selenium: 8.04µg (11.49%), Vitamin B1: 0.16mg (10.68%), Vitamin B6: 0.15mg (7.73%), Vitamin B2: 0.11mg (6.5%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.25mg (6.26%), Phosphorus: 58.69mg (5.87%), Vitamin B5: 0.45mg (4.51%), Vitamin B12: 0.26µg (4.3%), Potassium: 103.2mg (2.95%), Iron: 0.36mg (2.01%), Copper: 0.04mg (1.88%), Magnesium: 7.12mg (1.78%), Vitamin D: 0.17µg (1.13%)