



Pork Tinga



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



45

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bay leaves
- ☐ 1.3 pounds boston butt pork shoulder boneless trimmed cut into 1 1/2-inch cubes
- ☐ 1 can canned tomatoes italian peeled drained chopped
- ☐ 2 chipotle chiles in adobo minced seeded
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 large chorizo fresh
- ☐ 1 garlic clove minced

- ☐ 1 medium onion finely chopped
- ☐ 0.8 pound potatoes red cut into 1/2-inch dice
- ☐ 45 servings salt and sugar for seasoning
- ☐ 2 tablespoons vegetable oil

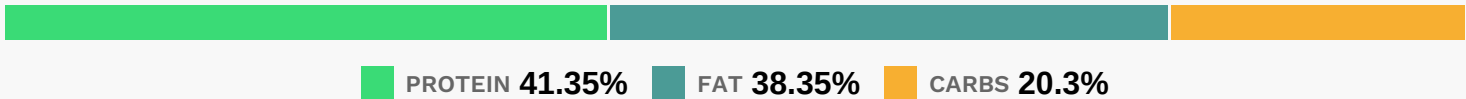
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In a large saucepan, simmer the pork, marjoram, thyme and bay leaves in 4 cups of salted water, partially covered, until the meat is tender, 45 minutes. Using a slotted spoon, transfer the pork to a plate; let cool slightly, then tear it into smaller pieces. Skim the fat from the pork broth; reserve 1 1/2 cups.
- ☐ In a large saucepan of boiling salted water, cook the potatoes until just tender, about 8 minutes.
- ☐ Drain well.
- ☐ In a medium, deep skillet, heat the oil.
- ☐ Add the chorizo and stir over moderately low heat, breaking it up, until cooked through, 10 minutes; transfer to a plate.
- ☐ Add the pork and onion to the skillet and cook over moderate heat, stirring, until well-browned, 10 minutes.
- ☐ Add the garlic and cook for 1 minute. Stir in the tomatoes and chorizo and cook for 5 minutes.
- ☐ Add the potatoes, chipotle, adobo sauce and the 1 1/2 cups of pork broth; simmer for 10 minutes. Season with salt and a pinch of sugar and serve.

Nutrition Facts



Properties

Glycemic Index:2.11, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0426086958336%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 31.57kcal (1.58%), Fat: 1.32g (2.03%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.25g (0.27%), Cholesterol: 9.03mg (3.01%), Sodium: 202.1mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.41%), Vitamin B3: 1.3mg (6.5%), Vitamin B1: 0.09mg (5.91%), Vitamin B6: 0.11mg (5.39%), Selenium: 3.31µg (4.73%), Vitamin B2: 0.06mg (3.63%), Phosphorus: 34.3mg (3.43%), Potassium: 86.04mg (2.46%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.11µg (1.83%), Vitamin C: 1.24mg (1.5%), Vitamin B5: 0.15mg (1.48%), Vitamin K: 1.44µg (1.37%), Magnesium: 5.23mg (1.31%), Iron: 0.22mg (1.25%), Copper: 0.02mg (1.06%)