



Puerto Rican Shredded Pork



Gluten Free



Dairy Free

READY IN



535 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon coarse salt
- ☐ 1 tablespoon cumin
- ☐ 4 cloves garlic crushed
- ☐ 4 juice of lime juiced
- ☐ 4 juice of orange juiced
- ☐ 1 teaspoon oregano
- ☐ 2 pounds sirloin tip roast boneless with kitchen twine if necessary* trimmed
- ☐ 1 tablespoon vegetable oil

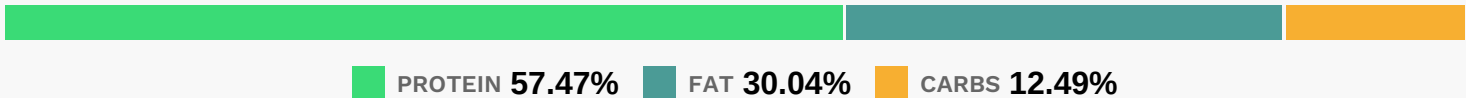
Equipment

- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ kitchen timer
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Using a sharp knife, poke a few holes into the pork and stuff holes with half of the crushed garlic. In a large skillet over medium-high heat, warm the oil.
- ☐ Add the pork and brown on all sides, 6 to 8 minutes.
- ☐ Transfer the meat to a slow cooker.
- ☐ Combine the remaining ingredients in a blender and blend for a few seconds until evenly combined.
- ☐ Place the pork in the slow cooker.
- ☐ Pour the liquid mixture over the pork, and let the pork marinate in the mixture for about 10 minutes on each side.
- ☐ Turn the slow cooker on low, and set the timer for 8 hours. After 8 hours, remove pork and shred using two forks on a large cutting board.
- ☐ Remove all the liquid from the slow cooker except for 1 cup of the cooking liquid and add pork back to pot.
- ☐ Let it cook another 15 to 30 minutes.
- ☐ Serve the shredded pork over lettuce wraps or in corn tortillas, and top with pico de gallo, chopped cilantro and/or avocado.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:28.25260859987%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 9.86mg, Hesperetin: 9.86mg, Hesperetin: 9.86mg, Hesperetin: 9.86mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 352.67kcal (17.63%), Fat: 11.51g (17.71%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.09g (3.67%), Sugar: 5.63g (6.26%), Cholesterol: 124.74mg (41.58%), Sodium: 1007.95mg (43.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.54g (99.08%), Selenium: 65.94µg (94.19%), Vitamin B6: 1.51mg (75.43%), Vitamin B3: 14.82mg (74.09%), Zinc: 9.54mg (63.62%), Phosphorus: 487.61mg (48.76%), Vitamin C: 40.06mg (48.56%), Vitamin B12: 2.84µg (47.25%), Iron: 5.42mg (30.12%), Potassium: 964.73mg (27.56%), Vitamin B2: 0.34mg (20.11%), Vitamin B1: 0.28mg (18.49%), Magnesium: 68.78mg (17.19%), Vitamin B5: 1.6mg (15.98%), Copper: 0.28mg (14.02%), Folate: 49.64µg (12.41%), Vitamin K: 12.23µg (11.65%), Manganese: 0.17mg (8.53%), Calcium: 84.08mg (8.41%), Vitamin E: 1.12mg (7.49%), Vitamin A: 162.82IU (3.26%), Fiber: 0.67g (2.69%)