



Pulled-Pork Tacos



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1 teaspoon pepper black
- ☐ 2 pounds pork shoulder boneless
- ☐ 8 small corn tortillas warmed
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 teaspoons ground cumin
- ☐ 2 jalapeno seeded sliced into rings and
- ☐ 2 teaspoons kosher salt

- ☐ 1 lime cut into wedges
- ☐ 1 onion red roughly chopped

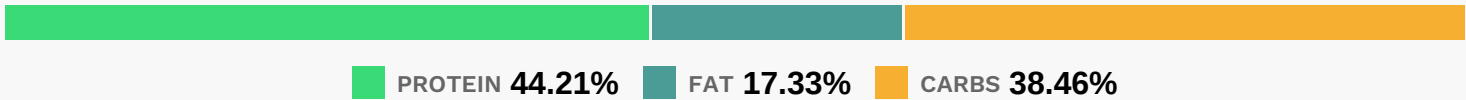
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 300 F.
- ☐ Place 2 large sheets of aluminum foil on a work surface, one atop the other.
- ☐ Place the pork in the center of the foil and season on all sides with the salt, pepper, and cumin. Spoon the jam over the pork, turning to coat. Scatter the jalapeos and onion around the pork. Fold the double layer of foil around the pork and crimp the edges to seal tightly.
- ☐ Place in a baking dish. Roast until fork-tender, about 4 hours; let cool. Unwrap the pork, reserving the juices and discarding the foil. Use a fork to shred the pork.
- ☐ Transfer to a bowl.
- ☐ Pour the cooking juices, onion, and jalapeos over the pork and toss.
- ☐ Serve with the tortillas, cilantro, and lime wedges.Tip: The best place to warm the tortillas is in the oven: it's quicker than a skillet and less drying than a microwave. As soon as you remove the pork, turn off the heat, wrap the tortillas in foil, and warm them for 10 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:7.47, Inflammation Score:-5, Nutrition Score:23.895651910616%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 331.29kcal (16.56%), Fat: 6.4g (9.85%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 28.73g (10.45%), Sugar: 10.06g (11.18%), Cholesterol: 90.72mg (30.24%), Sodium: 883.8mg (38.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.45%), Vitamin B3: 15.21mg (76.06%), Vitamin B1: 1.03mg (68.52%), Vitamin B6: 1.23mg (61.29%), Selenium: 41.75µg (59.64%), Phosphorus: 469.36mg (46.94%), Vitamin B2: 0.75mg (43.97%), Zinc: 3.52mg (23.44%), Vitamin B12: 1.32µg (21.92%), Potassium: 731.32mg (20.89%), Magnesium: 71.99mg (18%), Vitamin B5: 1.61mg (16.08%), Vitamin C: 12.65mg (15.33%), Iron: 2.51mg (13.97%), Fiber: 3.23g (12.91%), Manganese: 0.25mg (12.46%), Copper: 0.22mg (11.07%), Vitamin K: 9.85µg (9.38%), Calcium: 61.02mg (6.1%), Vitamin A: 287.6IU (5.75%), Vitamin E: 0.53mg (3.54%), Folate: 9.34µg (2.34%)