



Quick Pork Shoulder with Pickled Onions

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp annatto paste
- 2 lb boston butt pork shoulder boneless cut into 2-inch pieces
- 8 6-inch corn tortillas warmed ()
- 2 large cloves garlic
- 0.3 cup a.1. original sauce
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 0.7 cup orange juice

- 2 small onions red sliced

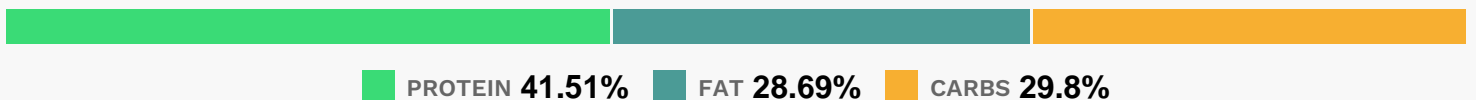
Equipment

- bowl
- sauce pan
- blender
- pressure cooker

Directions

- Blend first 4 ingredients in blender until smooth.
- Heat oil in pressure cooker on medium-high heat.
- Add meat in batches; cook 4 min. or until evenly browned. Return all meat to pressure cooker; top with juice mixture.
- Lock pressure cooker lid in place. Cook on medium-high heat until pressure vent locks in place and regulator begins to rock gently. Reduce heat gradually to maintain slow steady rocking motion; cook 55 min.
- Remove from heat.
- Let stand 10 min. or until pressure vent drops. Meanwhile, add onions to saucepan of boiling water; cook 5 min.
- Drain onions; place in bowl.
- Add dressing; toss to coat.
- Remove regulator from pressure cooker, then lid.
- Remove meat from cooker; shred meat. Return to cooker; toss with sauce. Top tortillas with meat mixture and onions; roll up.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:9.5552175252334%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 144.05kcal (7.2%), Fat: 4.53g (6.97%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 9.43g (3.43%), Sugar: 3.15g (3.5%), Cholesterol: 36.29mg (12.1%), Sodium: 138.84mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin B3: 6.09mg (30.43%), Vitamin B1: 0.42mg (28.11%), Vitamin B6: 0.5mg (24.87%), Selenium: 16.69µg (23.85%), Phosphorus: 189.56mg (18.96%), Vitamin B2: 0.3mg (17.53%), Zinc: 1.4mg (9.33%), Vitamin B12: 0.53µg (8.77%), Potassium: 303.85mg (8.68%), Vitamin C: 6.74mg (8.17%), Magnesium: 28.75mg (7.19%), Vitamin B5: 0.65mg (6.5%), Fiber: 1.15g (4.61%), Iron: 0.78mg (4.34%), Manganese: 0.08mg (4.12%), Copper: 0.08mg (4%), Vitamin K: 3.67µg (3.49%), Vitamin E: 0.37mg (2.48%), Calcium: 21.45mg (2.15%), Folate: 6.8µg (1.7%)