



Salsa Verde Braised Pork

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.5 pounds boston butt pork shoulder bone-in (aka pork butt)
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 0.5 cup cilantro leaves fresh chopped
- 3 cups chicken broth reduced-sodium
- 1 medium onion finely chopped
- 1 teaspoon oregano dried
- 15 oz salsa verde

- 6 servings salt

Equipment

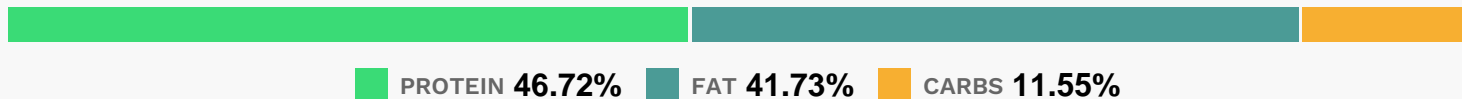
- bowl
- frying pan
- oven
- pot
- baking pan
- kitchen thermometer
- spatula
- dutch oven
- slow cooker

Directions

- Trim excess pork fat. Put meat in a large casserole or Dutch oven with salsa, onion, broth, cumin seeds, coriander seeds, and oregano. Bring to a boil over high heat; reduce heat, cover, and simmer until meat is very tender when pierced, about 3 hours.
- Preheat oven to 37
- With 2 wide spatulas, transfer meat to a rimmed baking pan.
- Bake until richly browned, 30 minutes.
- Meanwhile, skim and discard fat from pan juices. Boil juices, stirring, until reduced to 2 3/4 cups, 8 to 10 minutes.
- With 2 forks, tear meat into large shreds.
- Add to pan and stir in chopped cilantro. Season with salt. Spoon into a serving bowl and sprinkle with cilantro leaves.
- Serve with tortillas and more salsa verde.
- Slow-cooker Salsa Verde Pork: Put trimmed pork in a slow cooker (5 to 6 qt.) and turn heat to high. In a pan, bring salsa, onion, broth, cumin seeds, coriander seeds, and oregano to a boil.
- Pour over pork, cover, and cook until meat is very tender when pierced and registers at least 165 on an instant-read thermometer, at least 7 or up to 9 hours. Continue recipe with step 2,

using a large pot for step

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:21.39608677833%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 304.08kcal (15.2%), Fat: 13.64g (20.99%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.66g (2.78%), Sugar: 5.4g (6%), Cholesterol: 108.14mg (36.05%), Sodium: 864.22mg (37.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.75%), Vitamin B1: 1.44mg (96.17%), Selenium: 47.94µg (68.49%), Vitamin B3: 8.61mg (43.06%), Phosphorus: 373.94mg (37.39%), Vitamin B6: 0.71mg (35.6%), Zinc: 5.3mg (35.31%), Vitamin B2: 0.56mg (32.66%), Vitamin B12: 1.47µg (24.56%), Potassium: 854.06mg (24.4%), Iron: 2.95mg (16.41%), Vitamin B5: 1.36mg (13.6%), Copper: 0.24mg (12.07%), Vitamin A: 557.12IU (11.14%), Magnesium: 42.8mg (10.7%), Vitamin C: 5.9mg (7.15%), Vitamin K: 6.32µg (6.01%), Manganese: 0.1mg (5.04%), Calcium: 48.8mg (4.88%), Fiber: 0.84g (3.36%), Folate: 13.24µg (3.31%)