



Salsa Verde Carnitas



Gluten Free



Popular

READY IN



210 min.

SERVINGS



6

CALORIES



575 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 pounds boston butt pork shoulder trimmed cut into large (3 to 4 inch) chunks (not all the fat, just the glaring excess fat)
- ☐ 2 cups tomatillo salsa verde homemade
- ☐ 1.5 cups onion chopped
- ☐ 3 cups chicken stock see
- ☐ 2 teaspoons cumin seeds whole
- ☐ 2 teaspoons coriander seeds
- ☐ 1 teaspoon oregano dried
- ☐ 1 bunch cilantro leaves roughly chopped

- ☐ 6 servings salt
- ☐ 12 corn tortillas softened
- ☐ 0.3 head cabbage very thinly sliced
- ☐ 1 teaspoon seasoned rice vinegar (if you only have unseasoned, add)
- ☐ 6 servings salt and pepper
- ☐ 1 avocado peeled seeded chopped
- ☐ 0.5 cup some monterey jack cheese grated crumbled
- ☐ 6 servings crema fresca sour
- ☐ 6 servings cilantro leaves chopped for garnish

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ broiler
- ☐ microwave

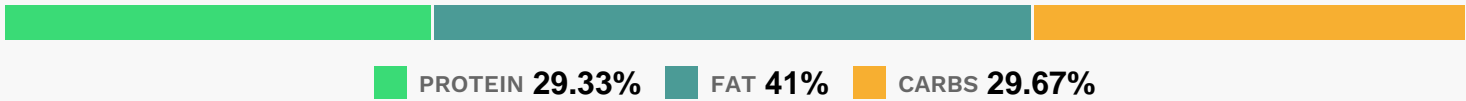
Directions

- ☐ Simmer pork with salsa verde, onion, stock, spices until tender:
- ☐ Put the pork, salsa verde, chopped onion, chicken stock, cumin seeds, coriander seeds, and oregano in a large, thick-bottomed pot, and heat on high heat. Bring to a boil, and reduce heat to a low simmer. Cover and simmer until meat pulls away easily with a fork, about 3 hours.
- ☐ Shred meat with two forks, then broil: Preheat oven broiler.
- ☐ Remove meat from the pot and put into a roasting pan. With 2 forks, tear the meat into large shreds, spreading them out in an even layer in the roasting pan. Put pan on the top rack of the oven. Broil for 5 to 10 minutes until edges and some parts are brown and crispy.
- ☐ Skim fat, reduce the salsa verde sauce: While the meat is browning in the oven, skim the fat from the liquid in the large pot. (Discard but do not put the fat down the drain or you will clog

your pipes.)

- ☐ Heat the pot on high and vigorously boil the remaining liquid, stirring, until reduced to 2 1/2 cups, several minutes.
- ☐ Return meat to sauce, stir in cilantro: Return the meat to the pot with the liquid. Stir in chopped cilantro. Season with salt.
- ☐ Serve with heated and softened corn tortillas (20 seconds each in the microwave spread out over a paper towel will heat and softened packaged tortillas sufficiently), diced avocado, crumbed Cotija or grated Monterey jack cheese, sour cream (or crema fresca), and seasoned cabbage slaw.
- ☐ Seasoned Cabbage Slaw
- ☐ Place thinly sliced cabbage in a medium sized bowl.
- ☐ Sprinkle with seasoned rice vinegar, salt and pepper. You can substitute white vinegar or apple cider vinegar for the rice vinegar, if you do, sprinkle on some sugar to help balance the acidity of the vinegar. Toss. Adjust seasonings.
- ☐ Let sit for 10 minutes for the cabbage to absorb some of the dressing.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:33.57086946135%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 574.64kcal (28.73%), Fat: 26.09g (40.14%), Saturated Fat: 8.38g (52.4%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 34.81g (12.66%), Sugar: 10.69g (11.87%), Cholesterol: 127.2mg (42.4%), Sodium: 1319.98mg (57.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42g (84%), Vitamin B1: 1.59mg (106.18%), Selenium:

55.93µg (79.89%), Phosphorus: 618.77mg (61.88%), Vitamin B6: 1.06mg (52.94%), Vitamin B3: 10.39mg (51.95%), Vitamin B2: 0.78mg (45.72%), Zinc: 6.67mg (44.47%), Vitamin K: 43.16µg (41.1%), Potassium: 1265.98mg (36.17%), Fiber: 7.68g (30.71%), Vitamin C: 25.24mg (30.6%), Magnesium: 104.06mg (26.02%), Vitamin B12: 1.46µg (24.32%), Iron: 4.09mg (22.7%), Copper: 0.41mg (20.55%), Manganese: 0.41mg (20.5%), Vitamin B5: 2.05mg (20.49%), Calcium: 196.55mg (19.65%), Folate: 71.83µg (17.96%), Vitamin A: 829.98IU (16.6%), Vitamin E: 1.13mg (7.53%)