



Salsa Verde Carnitas



Gluten Free



Popular

READY IN



210 min.

SERVINGS



6

CALORIES



573 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado peeled seeded chopped
- ☐ 0.3 head cabbage very thinly sliced
- ☐ 3 cups chicken stock see
- ☐ 6 servings cilantro leaves chopped for garnish
- ☐ 2 teaspoons coriander seeds
- ☐ 12 corn tortillas softened
- ☐ 6 servings crema fresca sour
- ☐ 2 teaspoons cumin seeds toasted

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup some monterey jack cheese grated crumbled
- ☐ 1 teaspoons olive oil
- ☐ 1 onion chopped
- ☐ 1 Tbsp oregano dried fresh chopped (or 1 teas)
- ☐ 3.5 pounds pork butt (pork shoulder)
- ☐ 2 cups salsa verde homemade canned
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon seasoned rice vinegar (if you only have unseasoned, add)

Equipment

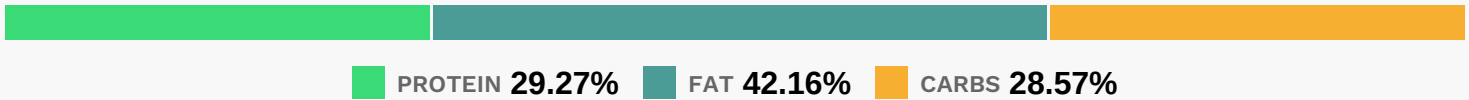
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ microwave

Directions

- ☐ Trim the excess fat from the pork shoulder roast.
- ☐ Put the roast, the salsa verde, 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. 2 Preheat oven to 400°F.
- ☐ Remove meat from liquid in pot and put the meat into a roasting pan. With 2 forks, tear the meat into large shreds, spreading them out in an even layer in the roasting pan. Roast meat for 15 to 20 minutes until parts are brown and crispy.
- ☐ While the meat is roasting, skim and discard fat from the liquid in the large pot.

- ☐ Heat the pot on high and vigorously boil the remaining liquid, stirring, until reduced to 2 1/2 cups, 8 to 10 minutes.4 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 on olive oil, 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:11.27, Inflammation Score:-9, Nutrition Score:33.519130328427%

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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 573.19kcal (28.66%), Fat: 26.76g (41.17%), Saturated Fat: 8.47g (52.96%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 33.29g (12.1%), Sugar: 9.79g (10.88%), Cholesterol: 127.2mg (42.4%), Sodium: 1319.25mg (57.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.8g (83.61%), Vitamin B1: 1.58mg (105.58%), Selenium: 55.84µg (79.77%), Phosphorus: 613.23mg (61.32%), Vitamin B3: 10.39mg (51.94%), Vitamin B6: 1.04mg (51.9%), Vitamin B2: 0.77mg (45.53%), Vitamin K: 46.58µg (44.36%), Zinc: 6.65mg (44.31%), Potassium: 1240.66mg (35.45%), Fiber: 7.52g (30.09%), Vitamin C: 23.65mg (28.67%), Magnesium: 103.25mg (25.81%), Vitamin B12: 1.46µg (24.32%), Iron: 4.23mg (23.49%), Manganese: 0.41mg (20.35%), Copper: 0.41mg (20.29%), Vitamin B5: 2.03mg (20.27%), Calcium: 199.55mg (19.96%), Folate: 68.9µg (17.23%), Vitamin A: 838.05IU (16.76%), Vitamin E: 1.31mg

(8.74%)