



 **57%**  
HEALTH SCORE

## Shredded Pork Taco Filling

 **Gluten Free**  **Dairy Free**

READY IN



**75 min.**

SERVINGS



**12**

CALORIES



**421 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 4 cups beef broth
- 0.3 teaspoon cayenne pepper
- 0.5 teaspoon garlic powder
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons oregano dried
- 3 pork shoulder roast

0.5 large onion white cut into large chunks

## Equipment

bowl

pressure cooker

## Directions

Combine the garlic powder, cumin, coriander, oregano, and cayenne pepper in a bowl. Thoroughly rub the spice mixture over the pork.

Place the roast in a pressure cooker with the beef broth, bay leaves, and onion over medium-high heat. Seal the cooker, and bring to full pressure; reduce the heat to maintain high pressure, and cook for 45 minutes.

Remove the pressure cooker from the heat and allow the pressure to drop naturally.

Transfer the pork to a serving bowl and shred the meat with forks.

## Nutrition Facts

PROTEIN **54.28%** FAT **44.44%** CARBS **1.28%**

## Properties

Glycemic Index:6.17, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:28.516087073347%

## Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 421.24kcal (21.06%), Fat: 20.09g (30.91%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.29g (0.33%), Cholesterol: 185.35mg (61.78%), Sodium: 508.94mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.44%), Vitamin B1: 2.45mg (163.61%), Selenium: 82.35µg (117.65%), Vitamin B3: 12.5mg (62.5%), Vitamin B6: 1.17mg (58.59%), Zinc: 8.74mg (58.29%), Phosphorus: 575.19mg (57.52%), Vitamin B2: 0.89mg (52.45%), Vitamin B12: 2.38µg (39.66%), Potassium: 1012.45mg (28.93%), Vitamin B5: 2.3mg (23.02%), Iron: 3.94mg (21.89%), Magnesium: 63.72mg (15.93%), Copper: 0.28mg (14%), Calcium: 56.06mg (5.61%), Folate: 17.58µg (4.39%), Manganese: 0.09mg (4.34%), Vitamin C: 2.82mg (3.42%), Vitamin K: 2.15µg (2.05%), Fiber: 0.45g (1.8%)