



Shredded Pork Tacos

 Gluten Free

READY IN



410 min.

SERVINGS



10

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons achiote paste
- 2 bay leaves
- 5 habanero chiles stemmed seeded finely chopped
- 24 corn tortillas warmed
- 4 cloves garlic chopped
- 2 juice of lime juiced
- 0.7 cup juice of lime freshly squeezed (5 limes)
- 10 servings crema mexicana

- 0.3 cup olive oil
- 1 tablespoon olive oil
- 1.5 cups orange juice freshly squeezed (from 6 oranges)
- 1 tablespoon oregano dried crumbled
- 1 teaspoon oregano dried crumbled
- 0.3 cup pineapple juice
- 2.5 pounds pork butt cut into 3-inch cubes
- 10 servings cabbage shredded red
- 1 onion red quartered cut in 1-inch strips
- 0.5 teaspoon salt
- 1 teaspoon salt
- 10 servings salt and pepper black freshly ground
- 2 tablespoons vegetable oil
- 1 onion white chopped

Equipment

- bowl
- sauce pan
- pot
- blender
- slow cooker

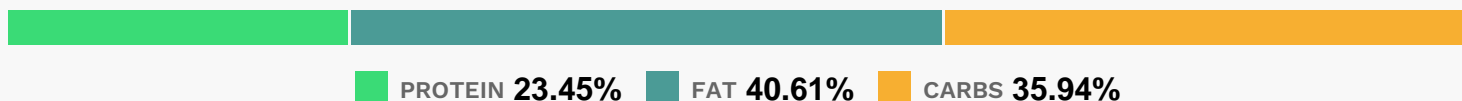
Directions

- Heat the vegetable oil in a medium saucepan over medium-high heat.
- Add the onions and cook until translucent, about 4 minutes.
- Add the garlic and cook until fragrant and slightly softened, about 2 more minutes.
- Add the achiote paste and mix well to incorporate.
- Add the orange and pineapple juices and bring to a boil. Once it boils, turn the heat off and carefully transfer to a blender. Cool. Process the mixture until smooth, about 2 minutes. Set

aside.

- Sprinkle the pork butt heavily with salt and pepper on all sides. Arrange the orange skins on the bottom of a 5 1/2- to 6-quart slow cooker, skin-side up (this adds more flavor to the pork and ensures the meat will not dry out). Scatter the pork butt on top of the oranges.
- Pour the achiote puree inside the slow cooker. Cover the slow cooker and turn on to high heat.
- Let it cook until the pork is tender and ready to shred, about 5 hours.
- Turn the slow cooker off and remove the oranges from the pot and discard.
- Let the pork cool slightly before shredding. Using two forks or with clean hands, shred the pork. Return the shredded meat to the slow cooker filled with sauce and keep warm until ready to serve.
- Mix the habanero chiles, lime juice, olive oil, oregano and salt together in a small bowl.
- Mix well to incorporate.
- Let stand at least 20 minutes. They can be made 1 day ahead.
- Mix the lime juice, olive oil, oregano, salt and onions together in a medium bowl.
- Mix well to incorporate.
- Let stand for 30 minutes. They can be made 1 day ahead.
- Serve the pork in the warmed corn tortillas with pickled habaneros and red onions, shredded cabbage and crema.

Nutrition Facts



Properties

Glycemic Index:35.15, Glycemic Load:15.84, Inflammation Score:-8, Nutrition Score:25.092608866484%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 6.43mg, Hesperetin: 6.43mg, Hesperetin: 6.43mg, Hesperetin: 6.43mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 445.08kcal (22.25%), Fat: 20.38g (31.36%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 35.39g (12.87%), Sugar: 7.51g (8.34%), Cholesterol: 75.99mg (25.33%), Sodium: 517.25mg (22.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.95%), Vitamin C: 60.96mg (73.89%), Selenium: 36.29µg (51.84%), Vitamin B1: 0.77mg (51.05%), Vitamin B6: 0.92mg (46.19%), Phosphorus: 454.46mg (45.45%), Vitamin B3: 6.46mg (32.29%), Zinc: 4.81mg (32.04%), Vitamin B2: 0.52mg (30.79%), Magnesium: 86.61mg (21.65%), Potassium: 733.21mg (20.95%), Fiber: 5.2g (20.78%), Manganese: 0.41mg (20.51%), Vitamin B5: 2.04mg (20.36%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 17.45µg (16.61%), Iron: 2.87mg (15.95%), Copper: 0.29mg (14.35%), Vitamin E: 2mg (13.36%), Calcium: 121.54mg (12.15%), Vitamin A: 394.21IU (7.88%), Folate: 29.19µg (7.3%), Vitamin D: 0.68µg (4.54%)