



Shredded Pork (Tinga)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



568 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds chorizo sausage
- ☐ 1.5 tablespoons cider vinegar
- ☐ 3 bay leaves dried
- ☐ 15 sprigs cilantro leaves fresh rinsed (8 in. each)
- ☐ 6 sprigs mint leaves fresh rinsed (6 in. each)
- ☐ 9 cloves garlic peeled
- ☐ 0.8 teaspoon oregano dried crumbled
- ☐ 3 pounds fat-trimmed boned pork shoulder rinsed cut into 2-inch cubes (butt)

- ☐ 1.5 cups chipotle salsa (recipe precedes)
- ☐ 1 teaspoon salt
- ☐ 8 oz onion white peeled sliced

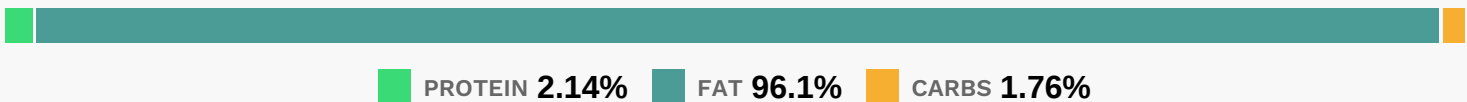
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart pan, combine pork, onion, garlic, cilantro, mint, bay leaves, 1 teaspoon salt, and 6 cups water. Cover and bring to a boil over high heat, then reduce heat and simmer until pork is tender when pierced, 1 to 1 1/4 hours. With a slotted spoon, lift meat from broth, leaving behind other solids. Reserve broth for another use. When meat is cool enough to handle, tear into coarse shreds.
- ☐ Set 5- to 6-quart pan or a 12-inch frying pan over medium-high heat. Squeeze sausage from casing into pan; stir often until meat is browned, 6 to 10 minutes. (If using ground pork, crumble pork into pan and add chili powder.) If there's more than 1 tablespoon fat, drain off and discard extra. Stir in shredded pork, chipotle salsa, vinegar, and oregano.
- ☐ Stir often over low heat until tinga is hot and juices are slightly thickened and no longer runny, 4 to 6 minutes.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:2.4999999922255%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 568.2kcal (28.41%), Fat: 60.47g (93.03%), Saturated Fat: 24.52g (153.26%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.05g (1.17%), Cholesterol: 73.86mg (24.62%), Sodium: 205.13mg (8.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin D: 1.42µg (9.45%), Vitamin C: 6.96mg (8.44%), Vitamin A: 327.32IU (6.55%), Vitamin K: 5.43µg (5.17%), Vitamin E: 0.59mg (3.92%), Manganese: 0.06mg (3.25%), Vitamin B6: 0.06mg (2.86%), Iron: 0.48mg (2.69%), Fiber: 0.57g (2.26%), Potassium: 70.45mg (2.01%), Calcium: 17.24mg (1.72%), Vitamin B3: 0.22mg (1.12%), Magnesium: 4.46mg (1.11%), Copper: 0.02mg (1.11%), Phosphorus: 10.69mg (1.07%)