






 **11%**
HEALTH SCORE

Shredded Pork with Roasted Tomatoes and Chipotle Chiles

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

338 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 avocado diced pitted ripe peeled
- 2 chipotles in adobo canned finely chopped
- 1 tablespoon canola oil
- 6 ounces chorizo
- 8 corn tortillas
- 8 corn tortillas
- 0.5 cup crème fraîche

- 2 teaspoons thyme dried
- 2 garlic clove minced
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 2 pounds plum tomatoes peeled chopped (Roma)
- 1 pound boston butt pork shoulder trimmed of fat cut into 2-inch pieces (pork butt)
- 8 servings sea salt to taste fine
- 1 small onion white halved thinly sliced

Equipment

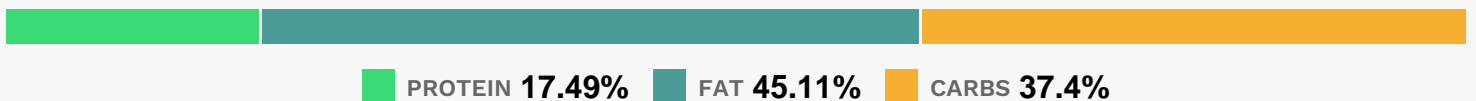
- bowl
- frying pan
- baking sheet
- paper towels
- sieve
- wooden spoon
- cookie cutter
- dutch oven
- colander
- cutting board
- skimmer

Directions

- To make the tostaditas: Using a 2-inch round cookie cutter, cut 4 rounds from each tortilla.
- Pour 1/2 inch oil into a large, heavy skillet and heat over high heat until the oil is shimmering. Line a baking sheet with a double thickness of paper towels. Working in batches, add the tortillas to the oil and fry until golden brown, about 1 minute. Using a wire-mesh skimmer, transfer the tostaditas to the paper towels.
- To braise the pork: Bring 8 cups water to boil in a large casserole or Dutch oven over high heat.

- Add the pork, onion, garlic, and salt and return to the boil. Reduce the heat to medium-low. Simmer, uncovered, until the pork is fork-tender, about 2 hours.
- Drain in a colander, discarding the onion and garlic, and let cool slightly.
- Transfer the pork to a chopping board and shred with 2 forks.
- To make the sauce: Cook the chorizo in a medium nonstick skillet over low heat, stirring often and crumbling it with a wooden spoon until it turns dark red and some of the oil is released, about 15 minutes.
- Drain in a fine-meshed sieve to remove the excess oil, and transfer to a bowl.
- Add the canola oil to the pan and heat over medium heat.
- Add the onion and cook, stirring often, until softened, about 3 minutes.
- Add the garlic and cook until fragrant, about 1 minute. Stir in the tomatoes, thyme, cloves, and cinnamon and bring to a simmer. Cover and reduce the heat to medium-low. Simmer until the tomatoes give off their juices, about 8 minutes.
- Add the chorizo, shredded pork, and chipotles and mix well. Cover and simmer to blend the flavors, about 2 minutes.
- Remove from the heat and add salt. (The pork in its sauce can be cooled, covered, and refrigerated up to 1 day ahead. Reheat slowly before serving.)
- To serve, place 1 heaping tablespoon braised pork on each tostadita.
- Garnish with a drizzle of crema and a sprinkle of diced avocado.
- Serve hot.
- Wine Notes
- Sangiovese is excellent with this dish. A Chianti classico such as those produced by Nozzole, Querciabella, or Monsanto will work just as well.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:16.013478216918%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 338.3kcal (16.91%), Fat: 17.39g (26.76%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 32.44g (10.82%), Net Carbohydrates: 25.38g (9.23%), Sugar: 4.73g (5.26%), Cholesterol: 44.94mg (14.98%), Sodium: 256.58mg (11.16%), Alcohol: 0g (100%), Protein: 15.17g (30.35%), Phosphorus: 288.75mg (28.87%), Fiber: 7.06g (28.24%), Vitamin B1: 0.42mg (28.22%), Manganese: 0.48mg (24.06%), Vitamin C: 19.47mg (23.59%), Vitamin A: 1160.39IU (23.21%), Vitamin B6: 0.44mg (22.02%), Selenium: 14.18µg (20.26%), Vitamin K: 20.25µg (19.28%), Potassium: 642.91mg (18.37%), Vitamin B3: 3.41mg (17.07%), Magnesium: 67.92mg (16.98%), Zinc: 2.21mg (14.75%), Vitamin B2: 0.23mg (13.25%), Iron: 2.38mg (13.24%), Copper: 0.24mg (11.98%), Folate: 44.96µg (11.24%), Vitamin E: 1.67mg (11.16%), Calcium: 86.09mg (8.61%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.32µg (5.35%)