



Shredded Pork with Roasted Tomatoes and Chipotle Chiles

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



282 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
- ☐ 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

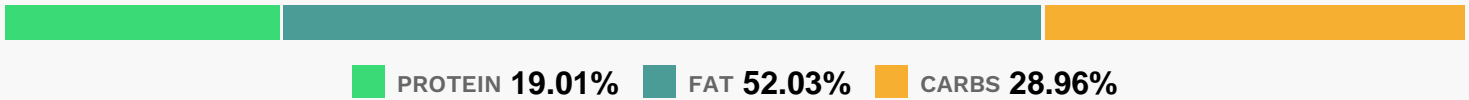
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sieve
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ dutch oven
- ☐ colander
- ☐ cutting board
- ☐ skimmer

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:27.31, Glycemic Load:6.62, Inflammation Score:-8, Nutrition Score:14.102173950361%

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: 281.62kcal (14.08%), Fat: 16.65g (25.62%), Saturated Fat: 5.03g (31.47%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 15.43g (5.61%), Sugar: 4.51g (5.01%), Cholesterol: 44.94mg (14.98%), Sodium: 244.88mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Vitamin B1: 0.4mg (26.59%), Vitamin C: 19.47mg (23.59%), Vitamin A: 1159.87IU (23.2%), Fiber: 5.42g (21.69%), Phosphorus: 207.11mg (20.71%), Manganese: 0.4mg (19.82%), Vitamin K: 20.25µg (19.28%), Vitamin B6: 0.38mg (19.18%), Selenium: 12.6µg (17.99%), Potassium: 594.55mg (16.99%), Vitamin B3: 3.02mg (15.12%), Zinc: 1.87mg (12.48%), Magnesium: 49.2mg (12.3%), Vitamin B2: 0.21mg (12.26%), Iron: 2.06mg (11.46%), Folate: 43.66µg (10.92%), Vitamin E: 1.6mg (10.67%), Copper: 0.2mg (9.98%), Vitamin B5: 0.83mg (8.27%), Calcium: 65.03mg (6.5%), Vitamin B12: 0.32µg (5.35%)