



Slow-Cooked Carnitas Tacos



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted halved sliced
- ☐ 2 pounds boston butt pork shoulder boneless country-style cut into 1 1/2-inch pieces (Boston butt)
- ☐ 4 servings cilantro sprigs fresh
- ☐ 4 servings corn tortillas
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 large onion cut into 4 pieces
- ☐ 2 teaspoons oregano dried (preferably Mexican)
- ☐ 2 teaspoons salt

☐ 4 servings roasted tomatillo salsa

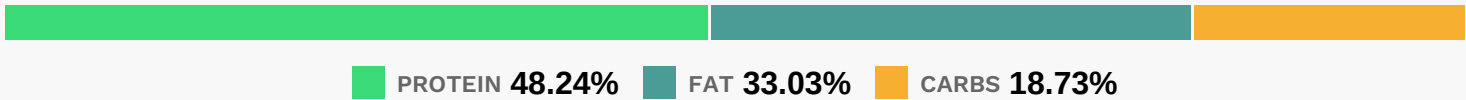
Equipment

- ☐ bowl
- ☐ microwave
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Toss pork in bowl of slow cooker with salt, black pepper, and dried oregano to coat.
- ☐ Place onion pieces atop pork. Cover slow cooker and cook pork on low setting until meat is very tender and falling apart, about 6 hours.
- ☐ Using slotted spoon, transfer pork to cutting board. Discard onion pieces. Using fingers, shred pork; transfer carnitas to platter.
- ☐ Place avocado slices, cilantro sprigs, and sliced red bell peppers, if desired, alongside. Wrap corn tortillas in damp kitchen towel; microwave until warm, about 1 minute.
- ☐ Serve carnitas with warm tortillas and tomatillo salsa.
- ☐ Per serving: 516 calories, 22g fat (6g saturated), 136mg cholesterol, 1570mg sodium, 32g carbohydrates, 8g fiber, 47g protein See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:5.92, Inflammation Score:-9, Nutrition Score:35.162173851677%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 452.83kcal (22.64%), Fat: 16.43g (25.28%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 14.96g (5.44%), Sugar: 3.4g (3.78%), Cholesterol: 136.08mg (45.36%), Sodium: 1531.75mg (66.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.01g (108.02%), Vitamin B3: 23.12mg (115.61%), Vitamin B1: 1.53mg (102.17%), Vitamin B6: 1.86mg (92.98%), Selenium: 60.49µg (86.42%), Vitamin B2: 1.15mg (67.6%), Phosphorus: 635.68mg (63.57%), Potassium: 1268.35mg (36.24%), Zinc: 5.16mg (34.39%), Vitamin B12: 1.97µg (32.89%), Vitamin B5: 3mg (30%), Magnesium: 98.6mg (24.65%), Fiber: 6g (24.02%), Manganese: 0.39mg (19.65%), Vitamin K: 18.79µg (17.9%), Iron: 3.13mg (17.39%), Copper: 0.34mg (16.8%), Folate: 48.17µg (12.04%), Vitamin E: 1.49mg (9.96%), Vitamin C: 7.68mg (9.31%), Calcium: 68.47mg (6.85%), Vitamin A: 303.49IU (6.07%)