



Slow Cooker Carnitas

 **Gluten Free**  **Dairy Free**

READY IN



610 min.

SERVINGS



10

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cups chicken broth
- 1 teaspoon garlic powder
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.5 teaspoon oregano dried crumbled
- 4 pound pork shoulder boneless

1 teaspoon salt

Equipment

bowl

slow cooker

Directions

Mix together salt, garlic powder, cumin, oregano, coriander, and cinnamon in a bowl. Coat pork with the spice mixture.

Place the bay leaves in the bottom of a slow cooker and place the pork on top.

Pour the chicken broth around the sides of the pork, being careful not to rinse off the spice mixture.

Cover and cook on Low until the pork shreds easily with a fork, about 10 hours. Turn the meat after it has cooked for 5 hours. When the pork is tender, remove from slow cooker, and shred with two forks. Use cooking liquid as needed to moisten the meat.

Nutrition Facts

PROTEIN 73.42% **FAT 25.35%** **CARBS 1.23%**

Properties

Glycemic Index:2, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:22.626086819917%

Nutrients (% of daily need)

Calories: 235.74kcal (11.79%), Fat: 6.34g (9.75%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.22g (0.24%), Cholesterol: 109.8mg (36.6%), Sodium: 505.48mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.61%), Vitamin B3: 17.54mg (87.72%), Vitamin B1: 1.18mg (78.88%), Selenium: 47.11µg (67.31%), Vitamin B6: 1.32mg (65.86%), Vitamin B2: 0.87mg (51.38%), Phosphorus: 420.22mg (42.02%), Vitamin B12: 1.59µg (26.47%), Zinc: 3.6mg (23.99%), Potassium: 704.34mg (20.12%), Vitamin B5: 1.79mg (17.89%), Magnesium: 49.27mg (12.32%), Iron: 1.87mg (10.36%), Copper: 0.15mg (7.52%), Manganese: 0.07mg (3.72%), Calcium: 19.8mg (1.98%), Vitamin E: 0.19mg (1.28%)