



Slow-Roasted Pork Tacos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 6-inch corn tortillas ()
- 0.3 cup cilantro leaves fresh minced
- 3 tablespoons kosher salt
- 10 lime wedges
- 3.5 pounds pork butt

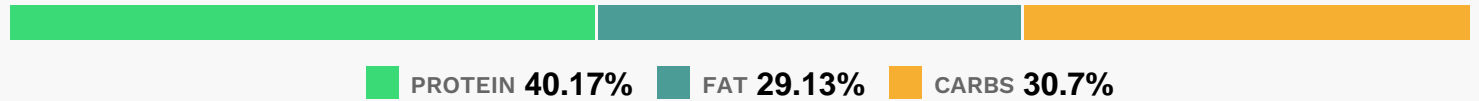
Equipment

- oven
- dutch oven

Directions

- Preheat oven to 27
- Trim fat from roast; rub surface of roast with salt.
- Place meat in a large Dutch oven; cover and place in oven. Cook for 3 hours or until pork falls apart when pressed with the back of a fork.
- Remove from oven; let stand, covered, 15 minutes.
- Remove meat from bones, and shred with 2 forks. Set aside.
- Warm tortillas according to package directions. Fill each tortilla with about 1 1/2 ounces pork; serve with cilantro and lime wedges.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:10.5, Inflammation Score:-4, Nutrition Score:22.244782494462%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 328.41kcal (16.42%), Fat: 10.59g (16.28%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 21.31g (7.75%), Sugar: 0.77g (0.85%), Cholesterol: 95.25mg (31.75%), Sodium: 2220.07mg (96.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.67%), Selenium: 48.02µg (68.6%), Vitamin B1: 0.94mg (62.69%), Phosphorus: 487.4mg (48.74%), Vitamin B6: 0.95mg (47.47%), Zinc: 6.04mg (40.28%), Vitamin B3: 7.79mg (38.93%), Vitamin B2: 0.65mg (38.1%), Vitamin B5: 2.59mg (25.86%), Vitamin B12: 1.44µg (24.08%), Potassium: 655.78mg (18.74%), Magnesium: 73.6mg (18.4%), Fiber: 3.79g (15.16%), Iron: 2.68mg (14.88%), Copper: 0.26mg (12.81%), Manganese: 0.2mg (9.94%), Calcium: 71.85mg (7.19%), Vitamin C: 5.35mg (6.48%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.58mg (3.84%), Vitamin K: 1.35µg (1.28%), Folate: 4.29µg (1.07%)