



Slow-roasted Pork with Taco Fixings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup unfiltered apple juice
- ☐ 1 tablespoon chili powder
- ☐ 20 corn tortillas
- ☐ 1 tablespoon ground paprika
- ☐ 1 slices toppings: lime cheese fresh sour grated sliced
- ☐ 1 tablespoon pepper freshly ground
- ☐ 6 pound boston butt pork shoulder (3-pound)
- ☐ 1 tablespoon sea salt

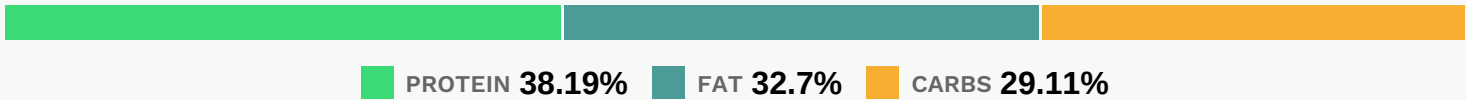
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 4 ingredients in a small bowl; rub spice mixture all over pork.
- ☐ Place pork, fatty side up, in a large Dutch oven.
- ☐ Pour cider and 1/2 cup water around pork. Cover with a lid or aluminum foil, and roast at 325 for 5 hours or until fork-tender. Uncover and cook another 30 to 40 minutes or until skin is crispy and pork breaks apart easily with a fork.
- ☐ Remove from oven, and let stand 10 to 15 minutes before shredding into chunks with 2 forks. Skim fat from cooking liquid, and add liquid to pork before serving.
- ☐ Serve warm with grilled tortillas and desired toppings.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:9.41, Inflammation Score:-5, Nutrition Score:20.089130323866%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 313.68kcal (15.68%), Fat: 11.33g (17.43%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 19.34g (7.03%), Sugar: 2.49g (2.77%), Cholesterol: 92.69mg (30.9%), Sodium: 718.28mg

(31.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.53%), Vitamin B1: 1.27mg (84.82%), Selenium: 43.68µg (62.4%), Phosphorus: 421.7mg (42.17%), Vitamin B6: 0.7mg (35.05%), Vitamin B3: 6.72mg (33.61%), Zinc: 4.98mg (33.19%), Vitamin B2: 0.48mg (28.27%), Vitamin B12: 1.16µg (19.37%), Potassium: 606.89mg (17.34%), Magnesium: 64.22mg (16.06%), Iron: 2.54mg (14.12%), Fiber: 3.35g (13.4%), Manganese: 0.26mg (12.95%), Vitamin B5: 1.22mg (12.23%), Copper: 0.22mg (11.09%), Vitamin A: 497.38IU (9.95%), Calcium: 62.43mg (6.24%), Vitamin E: 0.55mg (3.69%), Folate: 9.69µg (2.42%), Vitamin K: 2µg (1.9%), Vitamin C: 1.47mg (1.78%)