



 **62%**
HEALTH SCORE

Tacos of Carnitas Roasted with Orange, Milk, and Pepper

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings avocado salted diced
- 6 servings cilantro leaves
- 6 servings corn tortillas
- 3 pounds pork shoulder boneless (butt)
- 0.5 teaspoon pepper black
- 0.5 cranberry-orange relish washed well
- 0.5 teaspoon salt

- 2 cups water
- 6 servings onion diced white
- 1 cup milk whole
- 1 tablespoon frangelico
- 1 tablespoon frangelico

Equipment

- frying pan
- oven
- aluminum foil
- dutch oven

Directions

- Preheat the oven to 350 degrees.
- Cut the pork into 6 or 8 pieces. Melt the lard in a heavy Dutch oven just large enough to hold the meat in one layer. Brown the meat on all sides and season with salt.
- Squeeze the orange over the meat and toss the rind into the pan.
- Pour the milk over the meat and add enough water to almost cover the meat.
- Sprinkle with pepper. Cover tightly with aluminum foil and bake for about 2 hours, until the meat is fork-tender.
- To finish, uncover the meat and break into into largish pieces.
- Remove the orange rind and discard. Roast, uncovered, until most of the liquid has evaporated, about 20 minutes, or until the meat is brown and crisp on the edges.
- To assemble the tacos, fill a warm tortilla with shredded pork. Top with avocado and salsa, a little of the chicharrón, and finish with generous amounts of onion and cilantro.
- Mexican markets and some restaurants and tortillerias sell freshly fried chicharrón espumas, which are light-years better than the bagged ones. Chicharrón make an excellent taco in their own right when cooked until soft with tomatoes and chiles, then served with a sprinkle of cotija cheese and raw onion.
- Reprinted with permission from Amor y Tacos: Modern Mexican Tacos, Margaritas, and Antojitos by Deborah Schneider, © May 2010 Stewart, Tabori & Chang

Nutrition Facts

PROTEIN 40.36% FAT 39.3% CARBS 20.34%

Properties

Glycemic Index:43.67, Glycemic Load:8.07, Inflammation Score:-7, Nutrition Score:40.081304114798%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 556.68kcal (27.83%), Fat: 24.53g (37.73%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 18.98g (6.9%), Sugar: 6.2g (6.89%), Cholesterol: 140.96mg (46.99%), Sodium: 356.64mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.66g (113.33%), Vitamin B3: 24.05mg (120.24%), Vitamin B1: 1.61mg (107.47%), Vitamin B6: 2.05mg (102.47%), Selenium: 61.61µg (88.02%), Vitamin B2: 1.28mg (75.14%), Phosphorus: 711.87mg (71.19%), Potassium: 1554.48mg (44.41%), Vitamin B5: 3.89mg (38.94%), Fiber: 9.58g (38.32%), Zinc: 5.68mg (37.88%), Vitamin B12: 2.19µg (36.55%), Magnesium: 119.26mg (29.82%), Vitamin C: 19.9mg (24.13%), Folate: 96.12µg (24.03%), Copper: 0.44mg (22.22%), Vitamin K: 21.92µg (20.88%), Manganese: 0.36mg (17.8%), Iron: 3.03mg (16.86%), Vitamin E: 2.38mg (15.86%), Calcium: 119.26mg (11.93%), Vitamin A: 245.72IU (4.91%), Vitamin D: 0.45µg (2.98%)