



20%
HEALTH SCORE

Tacos with Pork in Green Sauce (Tacos de cerdo en salsa verde)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 allspice
- 0.5 cup cilantro leaves coarsely chopped
- 1 teaspoon cumin seeds
- 3 medium garlic clove peeled
- 2 jalapeno stemmed
- 3 pounds boston butt pork shoulder cut into 1-inch pieces
- 1.5 teaspoons salt divided

- 1.5 pounds tomatillos husked rinsed (15 to 18)
- 2 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan
- pot
- blender
- slotted spoon

Directions

- In a 3-quart saucepan, cover the tomatillos and chiles with cold water and bring to a boil. Reduce the heat and simmer the vegetables uncovered, turning occasionally, until the tomatillos are tender and khaki-green all over but still intact, about 15 minutes. Reserve the cooking liquid.
- Heat the cumin, allspice berries, and clove in a small, dry skillet over medium heat, shaking the pan or stirring the spices until they are fragrant and the cumin is a few shades darker, about 1 minute.
- Put the spices in a blender along with 1 cup of the tomatillo cooking water and blend until the spices are ground. Using a slotted spoon, gently lift the tomatillos and chiles out of the remaining cooking water and put them in the blender along with the garlic, cilantro, and 1/2 teaspoon salt. Blend until smooth.
- Pat the pork dry and season with the remaining 1 teaspoon salt.
- Heat the oil in a wide, heavy 4- to 5-quart pot over medium-high heat and brown the pork in batches without crowding, turning occasionally, about 8 minutes per batch.
- Return all the meat to the pan and add the tomatillo sauce. Bring to a simmer, stirring to coat the meat, then reduce the heat. Simmer the pork, covered, stirring occasionally, until the meat is tender and the sauce is thickened, 1 1/2 to 2 hours. If necessary, continue to cook uncovered to thicken the sauce. Shred the meat with two forks.
- Make tacos with the accompaniments.
- NOTE: The pork in green sauce will keep chilled for 3 days. ACCOMPANIMENTS: Warm corn tortillas, Mexican crema or sour cream, chopped white onion, chopped cilantro

Nutrition Facts

 **PROTEIN 39.78%**  **FAT 49.48%**  **CARBS 10.74%**

Properties

Glycemic Index:19, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:21.672608779824%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 286.39kcal (14.32%), Fat: 15.68g (24.12%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 5.25g (1.91%), Sugar: 4.68g (5.2%), Cholesterol: 92.69mg (30.9%), Sodium: 689.25mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.73%), Vitamin B1: 1.28mg (85.38%), Selenium: 41.64µg (59.49%), Vitamin B3: 8.11mg (40.57%), Vitamin B6: 0.68mg (33.97%), Phosphorus: 329.55mg (32.96%), Zinc: 4.64mg (30.95%), Vitamin B2: 0.48mg (28.37%), Vitamin C: 20.78mg (25.19%), Vitamin K: 24.83µg (23.65%), Potassium: 806.8mg (23.05%), Vitamin B12: 1.16µg (19.37%), Iron: 2.68mg (14.9%), Magnesium: 54.46mg (13.61%), Vitamin B5: 1.34mg (13.39%), Manganese: 0.24mg (11.97%), Copper: 0.24mg (11.85%), Fiber: 2.4g (9.6%), Vitamin E: 1.01mg (6.76%), Vitamin A: 282.49IU (5.65%), Folate: 17.04µg (4.26%), Calcium: 35.27mg (3.53%)