

# The Spicy Pork Torta from Cutty's

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

READY IN



**180 min.**

SERVINGS



**2**

CALORIES



**1647 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves
- 2 bay leaves
- 1 bunch cilantro leaves
- 1 tablespoon cumin seeds whole
- 6 cloves garlic
- 2 servings kosher salt
- 0.5 cup mayonnaise
- 2 cups vegetable oil (or vegetable oil)

- 3 pounds boston butt pork shoulder trimmed cut into 3-inch chunks
- 1 medium onion red thick sliced
- 1 teaspoon pepper red
- 1 teaspoons sriracha to taste ()
- 0.5 cup sugar
- 0.3 cup water
- 1 cup vinegar white

## Equipment

- bowl
- broiler
- dutch oven

## Directions

- Place onions in a heatproof non-reactive container.
- Heat vinegar, sugar, water, salt, pepper flakes, bay leaves, and garlic cloves over high heat until boiling.
- Pour boiling brine over onions. Cover with a small plate to submerge onions.
- Let sit until cool.
- Meanwhile, cook the pork.
- Place pork, fat, salt, garlic, bay leaves, cumin seed, and red pepper flakes in a heavy-bottomed Dutch oven or stock pot.
- Add enough water to cover. Bring to a boil, reduce to a simmer, and cook until pork is falling apart, about 90 minutes.
- Let cool for 30 minutes.
- Preheat broiler to high.
- Remove pork from liquid and roughly chop. Toss with sugar and season with salt and pepper to taste. Broil, stirring every few minutes until browned and crispy throughout, 10 to 15 minutes total. Set pork aside.
- Combine sriracha and mayonnaise in a small bowl.

- Split sandwich rolls and toast.
- Spread spicy mayonnaise on each side of bread. Top with pork, pickled onions, and cilantro. Close sandwiches, cut as desired, and serve.

## Nutrition Facts

**PROTEIN 20.62%** **FAT 64.48%** **CARBS 14.9%**

### Properties

Glycemic Index:132.05, Glycemic Load:37.12, Inflammation Score:-8, Nutrition Score:48.531738882479%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg, Quercetin: 13.44mg

### Nutrients (% of daily need)

Calories: 1647.02kcal (82.35%), Fat: 116.23g (178.82%), Saturated Fat: 23.56g (147.25%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 58.46g (21.26%), Sugar: 52.89g (58.77%), Cholesterol: 301.59mg (100.53%), Sodium: 949.25mg (41.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.63g (167.26%), Vitamin B1: 3.74mg (249.51%), Selenium: 126.62µg (180.88%), Vitamin K: 185.5µg (176.67%), Vitamin B6: 1.95mg (97.51%), Vitamin B3: 18.18mg (90.88%), Phosphorus: 905.23mg (90.52%), Zinc: 13.55mg (90.33%), Vitamin B2: 1.38mg (80.95%), Vitamin B12: 3.55µg (59.23%), Potassium: 1644.11mg (46.97%), Iron: 7.83mg (43.51%), Vitamin E: 6.01mg (40.03%), Vitamin B5: 3.66mg (36.63%), Magnesium: 110.83mg (27.71%), Copper: 0.52mg (26.19%), Manganese: 0.5mg (24.75%), Vitamin C: 13.08mg (15.86%), Calcium: 136mg (13.6%), Vitamin A: 680.25IU (13.6%), Folate: 37.72µg (9.43%), Fiber: 1.94g (7.78%)