



WHATSheATE



Tinga de Puerco (Pork Tinga)



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 15 ounce canned tomatoes fresh diced canned (or 2 cups tomatoes,)
- ☐ 2 chipotle chilies in adobo chopped to taste (or)
- ☐ 0.5 pound chorizo crumbled
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon thyme leaves dried

- ☐ 3 cloves garlic chopped
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 1.5 pound pork butt cut into 1 1/2 inch cubes
- ☐ 8 servings salt and pepper to taste
- ☐ 8 servings water

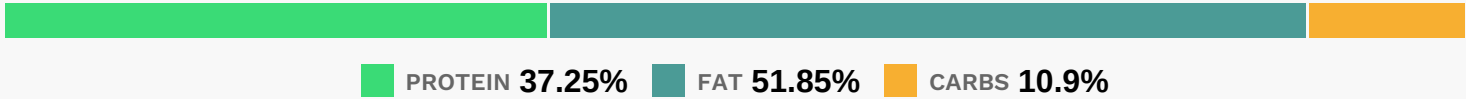
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the pork and brown on all sides.
- ☐ Add the onion, garlic, marjoram, thyme, bay leaves and enough water to cover the pork, bring to a boil, reduce the heat to low and simmer until the pork is tender, about 45 minutes. OR
- ☐ Place the pork, onion, garlic, marjoram, thyme, bay leaves and enough water to cover in a slow cooker and cook on low for 6-8 hours.Shred the pork, skim the fat from the broth and set both aside.
- ☐ Heat the oil in pan over medium heat, add chorizo, cook and set aside reserving the oil and grease in the pan.
- ☐ Add the onion and cook until tender, about 5-7 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the shredded pork, 1 cup of the pork broth, the chorizo, tomatoes, chipotle chilies, oregano, marjoram and thyme and bring to a boil, reduce the heat and simmer for 15 minutes.Season with salt and pepper, mix in the vinegar and cilantro and remove from heat.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:13.481304168701%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 236.43kcal (11.82%), Fat: 13.37g (20.56%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.2g (3.56%), Cholesterol: 68.75mg (22.92%), Sodium: 332.51mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Selenium: 24.55µg (35.07%), Vitamin B1: 0.52mg (34.92%), Vitamin B6: 0.56mg (27.8%), Vitamin B3: 4.42mg (22.09%), Vitamin B2: 0.36mg (21.23%), Zinc: 3.07mg (20.48%), Phosphorus: 195.19mg (19.52%), Vitamin B5: 1.51mg (15.08%), Iron: 2.51mg (13.94%), Potassium: 474.67mg (13.56%), Vitamin B12: 0.77µg (12.9%), Copper: 0.23mg (11.66%), Magnesium: 34.04mg (8.51%), Manganese: 0.16mg (8.15%), Vitamin E: 1.22mg (8.11%), Vitamin C: 6.43mg (7.79%), Fiber: 1.73g (6.92%), Vitamin K: 7.02µg (6.69%), Vitamin A: 254.95IU (5.1%), Calcium: 45.72mg (4.57%), Vitamin D: 0.51µg (3.4%), Folate: 10.3µg (2.58%)