



Wild Boar Carnitas Tacos with Jicama-Mango Salsa

 Dairy Free

READY IN



240 min.

SERVINGS



15

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium bay leaves
- 2 tablespoons coriander seeds
- 15 servings flour tortilla
- 3 tablespoons cilantro leaves fresh finely chopped
- 5 medium garlic clove peeled smashed
- 2 cups jicama
- 15 servings kosher salt

- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 15 servings lime wedges
- 2 cups mangos (from 2 medium mangoes)
- 5 marjoram fresh
- 2 serrano chiles stemmed finely chopped
- 5 pounds boar shoulder wild boneless cut into 2-inch cubes (do not trim the fat)

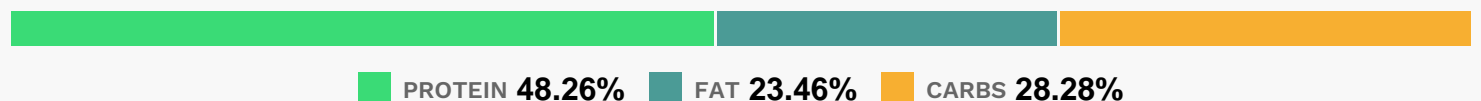
Equipment

- bowl
- frying pan
- cheesecloth
- kitchen twine

Directions

- Place the marjoram, garlic, coriander, and bay leaves in a small piece of cheesecloth and tie it tightly with butcher's twine.
- Place all of the measured ingredients in a medium bowl, season with salt, and stir to combine. Cover and refrigerate until ready to serve. For serving: When the meat is ready, remove and discard the herb bundle and onion quarters. Increase the heat to medium high and cook until the remaining water has evaporated and just the rendered fat is coating the bottom of the pan. Reduce the heat to low and let the meat fry in the fat, turning occasionally, until browned all over and starting to fall apart, about 20 minutes.
- Remove and discard any large pieces of unrendered fat.
- Serve the carnitas in the tortillas, topped with the salsa, with the lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:15.12, Glycemic Load:6.43, Inflammation Score:-4, Nutrition Score:11.223912912866%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 301.01kcal (15.05%), Fat: 7.67g (11.79%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 18.15g (6.6%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 416.29mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.96%), Vitamin B1: 0.76mg (50.37%), Vitamin B3: 7.6mg (38.01%), Selenium: 22.09µg (31.56%), Phosphorus: 254.86mg (25.49%), Vitamin C: 13.98mg (16.95%), Vitamin B2: 0.27mg (15.83%), Fiber: 2.64g (10.55%), Manganese: 0.21mg (10.32%), Folate: 40.91µg (10.23%), Vitamin K: 8.99µg (8.56%), Iron: 1.4mg (7.77%), Calcium: 74.56mg (7.46%), Vitamin A: 285.57IU (5.71%), Copper: 0.08mg (3.84%), Magnesium: 14.01mg (3.5%), Potassium: 122.26mg (3.49%), Vitamin B6: 0.07mg (3.49%), Vitamin E: 0.3mg (1.98%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.13mg (1.31%)