



Zesty Fried Pork Bites



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds boston butt roast cut into 1-inch cubes
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 servings lime wedges
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 2 cups water

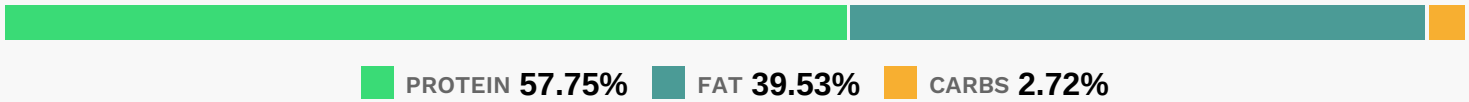
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Stir together first 4 ingredients. Cover and chill until ready to serve.
- ☐ Bring 2 cups water and salt to a boil in a Dutch oven over medium-high heat.
- ☐ Add pork; reduce heat to medium low, and cook 1 hour and 15 minutes or until water evaporates. (Meat will look pale.) Cook, stirring occasionally, 10 more minutes or until pork cubes are golden brown.
- ☐ Drain on layers of paper towels.
- ☐ Serve with garlic mixture and lime wedges.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:21.734782590814%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 255.05kcal (12.75%), Fat: 10.81g (16.64%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.26g (0.28%), Cholesterol: 113.4mg (37.8%), Sodium: 1386.92mg (60.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.09%), Selenium: 53.47µg (76.38%), Vitamin B1: 1.06mg (70.7%), Vitamin B6: 1mg (50.15%), Vitamin B2: 0.73mg (42.9%), Zinc: 6.39mg (42.58%), Vitamin B3: 8.32mg (41.61%), Phosphorus: 385.63mg (38.56%), Vitamin B5: 2.99mg (29.89%), Vitamin B12: 1.72µg (28.66%), Potassium: 663.93mg (18.97%), Iron: 2.33mg (12.94%), Magnesium: 44.07mg (11.02%), Copper: 0.22mg (10.79%), Vitamin D: 1.13µg (7.56%), Vitamin C: 4.64mg (5.62%), Calcium: 34.37mg (3.44%), Manganese: 0.07mg (3.41%), Vitamin E: 0.49mg (3.25%)