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Carnitas Fajita Dinner ♦♦

A delicious and flavorful dinner featuring carnitas fajitas. This traditional Mexican dish is made with tender, slow-cooked pork, sautéed peppers and onions, and served with warm tortillas and your favorite toppings. Perfect for a family meal or entertaining guests.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 180 mins

Total Time: 200 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Pork Shoulder
300 g	Bell peppers
200 g	Onions
8 pieces	tortillas

4 tbsp	lime juice
20 g	Cilantro
2 tsp	salt
2 tsp	pepper
1 tsp	cumin
1 tsp	garlic powder
2 tbsp	olive oil

Directions

Step 1

Season the pork shoulder with salt, pepper, cumin, and garlic powder. Rub the spices into the meat.

Prep Time: 10 mins

Cook Time: 127 mins

Step 2

Slow cooker

Place the seasoned pork shoulder in a slow cooker and cook on low heat for 6 hours or until the meat is tender and easily shreds with a fork.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Cutting

While the pork is cooking, slice the bell peppers and onions into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Sautéing

Heat olive oil in a large skillet over medium heat. Add the sliced bell peppers and onions and sauté until they are soft and slightly caramelized, about 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Cutting

Once the pork is cooked, remove it from the slow cooker and shred it using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

In a separate skillet, heat olive oil over medium heat. Add the shredded pork and cook until it is crispy and browned on the edges, about 5-7 minutes.

Prep Time: 5 mins

Cook Time: 7 mins

Step 7

Grilling

Warm the tortillas in a dry skillet or on a grill until they are soft and pliable.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Assemble the fajitas by placing a spoonful of the sautéed peppers and onions on a tortilla, followed by a spoonful of the crispy pork. Top with a squeeze of lime juice and a sprinkle of fresh cilantro.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Sauces & Dressings

Diet

Low FODMAP Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Boiling

Stir-frying

Sprinkling

Heating

Preparation

Cooling

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Gallstones

Pancreatitis

Meal Type

Dinner

Snack

Supper

Difficulty Level

Medium

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