



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Carnitas Tacos ♦♦

Carnitas Tacos are a traditional Mexican dish made with slow-cooked pork. The pork is seasoned with spices and then cooked until tender and crispy. The meat is then served in warm tortillas and topped with onions, cilantro, and salsa. Carnitas Tacos are typically eaten as a street food and are popular for their rich, savory flavor.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 180 mins

**Total Time:** 200 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

1000 g	Pork Shoulder
2 tsp	salt
2 tsp	garlic powder
1 tsp	cumin
1 tsp	oregano

<b>1 tsp</b>	black pepper
<b>1 c</b>	orange juice
<b>1 c</b>	lime juice
<b>1 medium</b>	onion
<b>1 bunch</b>	Cilantro
<b>8 pieces</b>	tortillas
<b>1 c</b>	salsa

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 325°F (163°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Mixing

In a small bowl, mix together the salt, garlic powder, cumin, oregano, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

#### Rubbing

Rub the spice mixture all over the pork shoulder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 4

#### Pouring

Place the pork shoulder in a roasting pan and pour the orange juice and lime juice over it.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 5

#### Cutting

Slice the onion and add it to the roasting pan.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 6

#### Roasting

Cover the roasting pan with foil and roast in the preheated oven for 3 hours.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

---

## Step 7

Preheating

Remove the foil and increase the oven temperature to 450°F (232°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 8

Roasting

Return the pork shoulder to the oven and roast for an additional 30 minutes, or until the outside is crispy.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

---

## Step 9

Resting

Remove the pork shoulder from the oven and let it rest for 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 10

Cutting

Shred the pork using two forks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 11

Heating

Warm the tortillas in a dry skillet over medium heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 12

Plating

Assemble the tacos by placing a spoonful of the shredded pork onto each tortilla.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 13

## Plating

Top the pork with sliced onion, chopped cilantro, and salsa.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 14

### Serving

Serve the carnitas tacos immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 10 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	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
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
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
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	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Mexican

### Course

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings



## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)