

Carnitas ~ Mexican Braised Pork

Yield: 8 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/youtube-mexican-carnitas-recipe>

Ingredients:

- 4 pounds pork shoulder fatty, cut into 2-inch pieces
- 3 cups cold water
- 1 white onion medium, thinly sliced
- 1/2 Orange preferably seedless, cut into 2 wedges
- 1/4 cup lard or, for the lard averse, vegetable oil
- 8 garlic cloves peeled
- 3 bay leaves
- 1 tablespoon sweetened condensed milk
- 2 teaspoons dried oregano preferably Mexican, crumbled
- 2 teaspoons fine salt
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- 4 teaspoons kosher salt

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 160 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 7 grams
8. Sodium: 2560 milligrams
9. Sugar: 2 grams

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