

Carnitas (adapted from Diana Kennedy)

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/diana-kennedy-mexican-recipe>

Ingredients:

- 3 pounds pork butt with plenty of fat
- 1 cup orange juice
- 3 cups water
- 2 teaspoons salt

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 170 milligrams
4. Fat: 30 grams
5. Protein: 47 grams
6. SaturatedFat: 11 grams
7. Sodium: 1370 milligrams
8. Sugar: 4 grams

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