

Jackfruit Carnitas

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 1 tablespoon olive oil
- 1/2 onion diced
- 20 ounces jackfruit cans young green, in water or brine
- 1/2 cup water
- 1 tablespoon tomato paste
- 2 tablespoons low sodium soy sauce
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 cup orange juice fresh squeezed
- 1 tablespoon fresh lime juice
- 1 teaspoon liquid smoke
- cilantro
- jalapenos
- tortillas
- guacamole
- diced red onion
- lime wedges

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 40 grams
3. Fat: 12 grams
4. Fiber: 7 grams
5. Protein: 5 grams

6. SaturatedFat: 2 grams
 7. Sodium: 780 milligrams
 8. Sugar: 18 grams
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