

# Mexican Carnitas

Yield: 4 min

Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-butt-recipe-mexican-in-lard>

## Ingredients:

- 3 pounds pork butt or shoulder, excess fat trimmed
- 1 Orange large, sliced with peel on
- 1/2 yellow onion quartered
- 5 garlic cloves crushed, I just smash them with the flat blade of a large kitchen knife
- 1 cinnamon stick
- 2 tablespoons Mexican oregano
- 1/8 teaspoon ground cloves
- 2 whole bay leaves
- 3 teaspoons salt
- water
- meat
- 3 tablespoons lard

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 240 milligrams
4. Fat: 54 grams
5. Fiber: 4 grams
6. Protein: 64 grams
7. SaturatedFat: 20 grams
8. Sodium: 2320 milligrams
9. Sugar: 1 grams

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