

# Puerto Rican Shredded Pork

*PorkBeInspired.com*

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## Servings: 4

*2 to 3 pound pork boneless sirloin  
roast, trimmed and tied with kitchen  
twine, if necessary*

*1 tablespoon vegetable oil*

*4 to 5 cloves garlic, skins removed  
and crushed*

*1 tablespoon cumin*

*1/2 tablespoon coarse salt*

*1 teaspoon dried oregano*

*4 oranges, juiced, OR one cup freshly  
squeezed orange juice*

*4 limes, juiced*

Poke three to five holes in the pork with a sharp knife. Stuff with half of the crushed garlic.

Warm the oil in a large skillet over medium-high heat. Add the pork and brown on all sides, 6 to 8 minutes.

Combine the remaining ingredients in a blender. Blend for 3 to 5 seconds until evenly combined. Place the pork in a slow cooker. Pour the liquid mixture over the pork and let marinate for about 10 minutes on each side.

Turn the slow cooker on low and set the timer for eight hours. After eight hours, remove the pork and shred using two forks on a large cutting board.

Remove all of the liquid from the slow cooker except for one cup. Add the pork back to the pot. Let cook for another 15 to 30 minutes.

Serve the shredded pork in lettuce wraps or in corn tortillas. Top with pico de gallo, chopped cilantro and avocado.

*If unfamiliar with tying a roast, ask  
your butcher to pre-tie the roast in the  
store.*

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Per Serving (excluding unknown items): 41 Calories; 4g Fat (78.1% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 708mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Pork, Slow Cooker

**Calories (kcal):** 41  
**% Calories from Fat:** 78.1%  
**% Calories from Carbohydrates:** 17.4%  
**% Calories from Protein:** 4.5%  
**Total Fat (g):** 4g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 2g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 708mg  
**Potassium (mg):** 45mg  
**Calcium (mg):** 30mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 45IU  
**Vitamin A (r.e.):** 4 1/2RE

**Vitamin B6 (mg):** trace  
**Vitamin B12 (mcg):** 0mcg  
**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 1mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Deficient:** 0.0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 41 **Calories from Fat:** 32

### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	708mg	30%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		2%
<b>Calcium</b>		3%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.