



# CARNITAS

Carnitas, a type of slow cooked pork, are a household staple in the Mexican kitchen. Its unique and authentic texture and flavor is rooted in the traditional cooking methods from Michoacan. Richly seasoned, slow braised, Carnitas make a flavorful and filling main course, but they are also used as ingredients in many other authentic Mexican dishes like tamales, tacos, tortas and burritos. Carnitas are traditionally served accompanied by cilantro, salsa and refried beans.

**20g**  
OF PROTEIN  
PER SERVING

**GLUTEN  
FREE**

**HEAT & EAT  
7  
MINUTES IN  
MICROWAVE**

## INGREDIENTS

Pork, Water, Lard, Seasoning (Salt, Maltodextrin, Sodium Acetate, Sodium Carbonate, Sodium Citrate), Garlic powder, Salt.

## NUTRITION FACTS

About 5 servings per container  
Serving Size: 3.0 oz (85g)

Amount per Serving

	<b>200</b>	% Daily Value*
<b>CALORIES</b>		
Total Fat 14g		18%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 330mg		14%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 20g		
Vitamin D 0mcg		0%
Calcium 17mg		2%
Iron 1mg		6%
Potassium 377mg		8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## COOKING INSTRUCTIONS

### MICROWAVE

1. In a microwave safe tray/plate heat on high for 1.5 minutes, rotate the pouch 1/2 turn, puncture 2 small holes in the pouch, and cover with a paper towel.
2. Heat on high an additional 3 minutes or until core temperature reaches a minimum of 165°F. Let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

### STOVETOP

1. Heat a medium sized skillet over medium heat. Remove sleeve. Empty pork Carnitas from pouch and place in skillet with 1/4 cup of water.
2. Separate the Pork Carnitas with a spoon and spread evenly across the skillet.
3. Cover and heat for 5-6 minutes or until core temperature reaches a minimum of 165°F, stirring occasionally.
4. Remove cover for last 2 minutes of cooking for Pork Carnitas to get crispy (optional).