



HEALTH SCORE

97%

Chalupa Dinner Bowl



Very Healthy

READY IN



690 min.

SERVINGS



8

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce chiles green chopped canned
- ☐ 10 ounce canned tomatoes diced green with lime juice and cilantro canned
- ☐ 32 ounce chicken broth
- ☐ 1 tablespoon chili powder
- ☐ 1 pound pinto beans dried
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 small head iceberg lettuce shredded

- ☐ 1 slices toppings: monterey jack cheese shredded sour halved chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3.5 pound pork loin roast bone-in
- ☐ 2 teaspoons salt
- ☐ 8 tortilla bowls from 1 package old el flour tortilla bowls

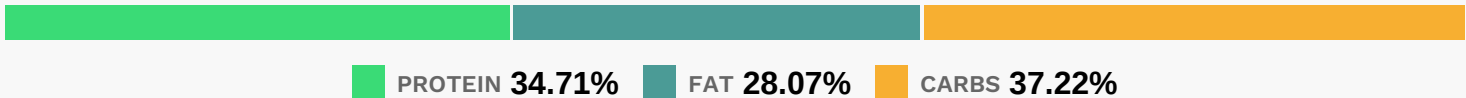
Equipment

- ☐ pot
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Rinse and sort beans according to package directions.
- ☐ Place pinto beans in a 6-quart slow cooker; add roast and next 6 ingredients.
- ☐ Pour chicken broth evenly over top of roast.
- ☐ Cover and cook on HIGH 1 hour; reduce to LOW, and cook 9 hours. Or, cover and cook on HIGH 6 hours.
- ☐ Remove bones and fat from roast; pull roast into large pieces with two forks. Stir in diced tomatoes and green chiles. Cook, uncovered, on HIGH 1 more hour or until liquid is slightly thickened.
- ☐ Heat taco salad shells according to package directions; place shredded lettuce evenly into shells. Spoon about 1 cup pork-and-bean mixture into each shell using a slotted spoon.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used RO*TEL Mexican Festival tomatoes and a Rival Recipe Smart-Pot slow cooker. Times may vary depending on the slow cooker used.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:11.44, Inflammation Score:-9, Nutrition Score:42.932173956995%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 738.05kcal (36.9%), Fat: 22.6g (34.77%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 55.38g (20.14%), Sugar: 4.15g (4.62%), Cholesterol: 130.4mg (43.47%), Sodium: 1472.5mg (64.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.86g (125.72%), Selenium: 72.42µg (103.46%), Vitamin B6: 1.91mg (95.4%), Vitamin B1: 1.36mg (90.65%), Folate: 330.88µg (82.72%), Phosphorus: 727.94mg (72.79%), Iron: 12.1mg (67.24%), Vitamin B3: 13.12mg (65.61%), Potassium: 1778.47mg (50.81%), Fiber: 12.03g (48.1%), Manganese: 0.88mg (44.23%), Magnesium: 167.8mg (41.95%), Vitamin B2: 0.62mg (36.55%), Copper: 0.73mg (36.55%), Zinc: 5.3mg (35.35%), Vitamin C: 17.93mg (21.73%), Vitamin B5: 2.12mg (21.16%), Vitamin B12: 1.06µg (17.73%), Vitamin K: 17.54µg (16.7%), Calcium: 145.52mg (14.55%), Vitamin A: 648.4IU (12.97%), Vitamin E: 1.38mg (9.22%), Vitamin D: 0.81µg (5.43%)