




 **56%**  
HEALTH SCORE

# Crock Pot Pulled Pork Tacos and then Some


 **Gluten Free**

READY IN




**800 min.**

SERVINGS



**5**

CALORIES



**834 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple juice frozen
- 2 avocado cut into 1/4 slices
- 2.5 lbs pork shoulder boneless
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 2 tablespoons cajun spice
- 1 tablespoon chili powder
- 0.5 cup apple cider vinegar

- 8 6-inch corn tortillas ()
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- 1 tablespoon cumin
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon pepper fresh black
- 5 servings sauce green to taste
- 0.5 tablespoon konnyaku powder
- 0.5 cup onion chopped
- 1 tablespoon paprika
- 1 tablespoon salt
- 0.5 cup cheddar cheese shredded
- 0.5 cup cream sour
- 1 cup vegetable oil to cover tortillas in a small fry pan

## Equipment

- frying pan
- paper towels
- slow cooker

## Directions

- Making the pork: COMBINE BROWN SUGAR THROUGH MESQUITE POWDER.
- Spread over entire roast. Refrigerate roast in a Ziploc bag for up to 24 hours.PLACE APPLE JUICE and VINEGAR in a crock pot and add the spiced shoulder being careful not to lose the rub. Cook on high for two hours, then reduce to low for 10 more hours.REMOVE THE ROAST and let rest for 30 minutes.PULL roast apart with two forks.Making the tacos: HEAT OIL in small fry pan on medium-high until hot. Fry tortillas for about 30 seconds on each side so they're starting to turn crispy but are still quite pliable.
- Drain on paper towels or paper bag.SPREAD SOUR CREAM down the center of each tortilla along with slices of avocado and some cilantro.DIVIDE THE PORK equally and top each taco with a portion. Finish with mild green taco sauce to taste and the optional onions and/or cheese.FOLD TACO IN HALF and meditate while you lose yourself in culinary heaven!

# Nutrition Facts

PROTEIN 29.31% FAT 42.56% CARBS 28.13%

## Properties

Glycemic Index:93.35, Glycemic Load:18.89, Inflammation Score:-10, Nutrition Score:49.608695618484%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

## Nutrients (% of daily need)

Calories: 833.93kcal (41.7%), Fat: 40.06g (61.63%), Saturated Fat: 10.52g (65.78%), Carbohydrates: 59.57g (19.86%), Net Carbohydrates: 46.12g (16.77%), Sugar: 10.73g (11.92%), Cholesterol: 160.95mg (53.65%), Sodium: 1817.32mg (79.01%), Alcohol: 0g (100%), Protein: 62.06g (124.12%), Vitamin B3: 25.19mg (125.94%), Vitamin B6: 2.2mg (110.18%), Vitamin B1: 1.64mg (109.54%), Selenium: 68.88µg (98.4%), Phosphorus: 953.07mg (95.31%), Vitamin B2: 1.39mg (81.51%), Vitamin A: 3048.97IU (60.98%), Fiber: 13.45g (53.8%), Potassium: 1684.9mg (48.14%), Zinc: 6.89mg (45.97%), Vitamin K: 45.65µg (43.48%), Magnesium: 169.09mg (42.27%), Manganese: 0.82mg (41%), Vitamin B5: 3.74mg (37.42%), Vitamin B12: 2.14µg (35.69%), Iron: 5.92mg (32.86%), Vitamin E: 4.89mg (32.63%), Calcium: 311.19mg (31.12%), Copper: 0.55mg (27.58%), Folate: 79.95µg (19.99%), Vitamin C: 10.23mg (12.4%)