



Cuban Pulled Pork Tortilla Pie With Snappy Mango Salsa

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1172 kcal

Ingredients

- ☐ 15 ounce black beans canned
- ☐ 1 tablespoon chipotle peppers in adobo sauce minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon lemon pepper
- ☐ 0.3 cup juice of lime fresh (4 limes)
- ☐ 8 ounces monterrey jack cheese shredded with peppers
- ☐ 0.5 cup orange juice

- ☐ 1.5 teaspoons oregano dried
- ☐ 2 pound pork shoulder roast
- ☐ 4 servings snappy mango salsa
- ☐ 1 teaspoon salt
- ☐ 1 cup heavy whipping cream light sour
- ☐ 4 cups coarsely tortilla chips crushed

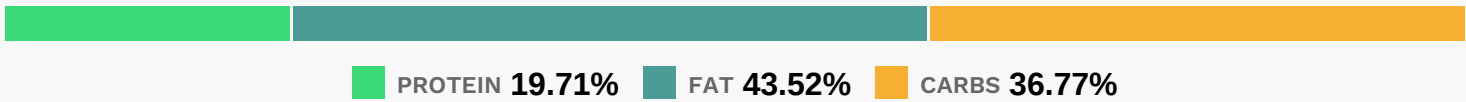
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Rinse pork roast.
- ☐ Combine orange juice, lime juice, and next 6 ingredients in a large zip-top plastic freezer bag; add pork roast, and seal. Chill at least 3 hours, turning occasionally.
- ☐ Coat an ovenproof Dutch oven with cooking spray.
- ☐ Place pork in Dutch oven, and pour marinade over pork.
- ☐ Bake, covered, at 300 for 4 hours or until meat shreds easily with 2 forks.
- ☐ Remove pork from oven, and cool slightly. Shred pork, and keep warm.
- ☐ Cook beans in a small saucepan over medium heat until thoroughly heated; drain.
- ☐ Place 1 cup crushed tortilla chips on each serving plate.
- ☐ Layer each with 3/4 cup shredded pork, 1/4 cup black beans, 1/2 cup shredded cheese, 1/2 cup Snappy Mango Salsa, and 1/4 cup sour cream.
- ☐ Serve with remaining salsa.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:43.922173759212%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1172.42kcal (58.62%), Fat: 57.54g (88.53%), Saturated Fat: 21.41g (133.79%), Carbohydrates: 109.41g (36.47%), Net Carbohydrates: 94.03g (34.19%), Sugar: 5.7g (6.33%), Cholesterol: 163.28mg (54.43%), Sodium: 2071.6mg (90.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.63g (117.26%), Vitamin B1: 1.61mg (107.65%), Phosphorus: 970.24mg (97.02%), Selenium: 57.93µg (82.75%), Calcium: 721.04mg (72.1%), Fiber: 15.37g (61.5%), Zinc: 8.65mg (57.69%), Vitamin B2: 0.96mg (56.68%), Vitamin B6: 1mg (50.05%), Magnesium: 199.24mg (49.81%), Vitamin B3: 8.21mg (41.04%), Potassium: 1378.57mg (39.39%), Iron: 6.82mg (37.9%), Vitamin E: 4.98mg (33.18%), Vitamin K: 34.36µg (32.73%), Vitamin B12: 1.87µg (31.24%), Vitamin C: 25.64mg (31.08%), Vitamin B5: 2.99mg (29.94%), Folate: 116.29µg (29.07%), Manganese: 0.58mg (28.87%), Copper: 0.55mg (27.38%), Vitamin A: 888.24IU (17.76%), Vitamin D: 0.46µg (3.03%)