



Oven Chips with Pulled Pork and Slaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



30

CALORIES



145 kcal

SIDE DISH

Ingredients



1 rack baby-back store-bought cooked



12 ounces chili sauce



0.5 cup cilantro leaves finely chopped for garnish



16 ounce coleslaw store-bought drained



26 ounce fries frozen french



2 teaspoons kosher salt



1 tablespoon taco seasoning hot



30 servings vegetable oil for frying

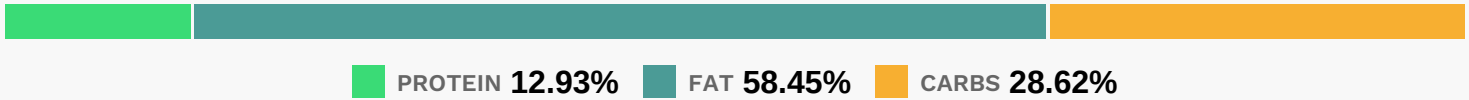
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ To make the Pulled Pork, cut the ribs from the rack and pull the meat from the ribs, using a paring knife, if desired. Set aside. In a saucepan over medium heat, combine the chili sauce and taco seasoning and bring to a boil. Reduce heat to a simmer, add the pork and cook until heated through. Set aside.
- ☐ To make the Oven Chips, in a small bowl, combine taco seasoning and kosher salt.
- ☐ Set aside. In a large frying pan over medium-high heat, add enough oil to cover the bottom of the pan. When the oil gets hot and begins to shimmer, carefully add the frozen French fries in a single layer. Fry 7 to 10 minutes, turning frequently until golden.
- ☐ Drain on paper towels. Season with the taco seasoning mixture. Set aside.
- ☐ To assemble, place the Oven Chips on a platter. Top with a spoonful of drained coleslaw and a spoonful of pulled pork.
- ☐ Garnish with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:4.68, Glycemic Load:4.27, Inflammation Score:-2, Nutrition Score:5.2695652920267%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 145.4kcal (7.27%), Fat: 9.61g (14.78%), Saturated Fat: 2.65g (16.54%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 8.81g (3.2%), Sugar: 2.01g (2.23%), Cholesterol: 13.04mg (4.35%), Sodium: 453.39mg (19.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Vitamin K: 18.06µg (17.2%), Vitamin C: 9.01mg (10.92%), Vitamin B3: 2.05mg (10.26%), Selenium: 6.1µg (8.71%), Vitamin B1: 0.12mg (8.28%), Vitamin B6: 0.16mg (8.06%), Fiber: 1.78g (7.12%), Potassium: 221.41mg (6.33%), Phosphorus: 57.98mg (5.8%), Vitamin B2: 0.08mg (4.69%), Manganese: 0.08mg (4.15%), Zinc: 0.61mg (4.05%), Iron: 0.64mg (3.57%), Vitamin E: 0.52mg (3.48%), Folate: 13.09µg (3.27%), Vitamin B5: 0.32mg (3.21%), Magnesium: 10.69mg (2.67%), Vitamin A: 121.9IU (2.44%), Copper: 0.04mg (2.17%), Vitamin B12: 0.11µg (1.76%), Calcium: 16.66mg (1.67%), Vitamin D: 0.21µg (1.39%)