



## Pork Chalupas

 Dairy Free  Popular

READY IN



555 min.

SERVINGS



16

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons chili powder
- 1 pound pinto beans dried
- 16 flour tortillas
- 2 tablespoons garlic powder
- 12 ounce chile peppers diced green canned
- 2 tablespoons ground cumin
- 2 tablespoons oregano dried
- 4 pound pork shoulder roast

2 tablespoons salt

## Equipment

bowl

slow cooker

cutting board

## Directions

Place the roast inside a slow cooker coated with cooking spray. In a separate bowl, stir together the beans, 2 cans of the chile peppers, chili powder, cumin, salt, oregano, and garlic powder.

Pour the whole mixture over the roast, and add enough water so that the roast is mostly covered. Jiggle the roast a little to get some of the liquid underneath.

Cover, and cook on Low for 8 to 9 hours. Check after about 5 hours to make sure the beans have not absorbed all of the liquid.

Add more water if necessary 1 cup at a time. Use just enough to keep the beans from drying out.

When the roast is fork-tender, remove it from the slow cooker, and place on a cutting board.

Remove any bone and fat, then shred with forks. Return to the slow cooker, and stir in the remaining can of green chilies.

Heat through, and serve with flour tortillas and your favorite toppings.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:9.94, Inflammation Score:-8, Nutrition Score:21.424348012261%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg

0.67mg, Kaempferol: 0.67mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 307.61kcal (15.38%), Fat: 8.09g (12.44%), Saturated Fat: 2.71g (16.91%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 28.93g (10.52%), Sugar: 1.85g (2.06%), Cholesterol: 46.35mg (15.45%), Sodium: 1251.66mg (54.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.4%), Vitamin B1: 0.98mg (65.29%), Selenium: 35.58µg (50.83%), Folate: 194.28µg (48.57%), Phosphorus: 332.19mg (33.22%), Manganese: 0.57mg (28.36%), Fiber: 6.59g (26.35%), Iron: 4.62mg (25.65%), Vitamin B6: 0.51mg (25.6%), Vitamin B3: 4.94mg (24.68%), Vitamin B2: 0.38mg (22.64%), Potassium: 745.21mg (21.29%), Zinc: 3.12mg (20.83%), Magnesium: 78.59mg (19.65%), Copper: 0.38mg (18.9%), Vitamin C: 9.7mg (11.76%), Calcium: 114.77mg (11.48%), Vitamin B12: 0.58µg (9.68%), Vitamin B5: 0.88mg (8.8%), Vitamin K: 8.73µg (8.32%), Vitamin A: 347.6IU (6.95%), Vitamin E: 0.59mg (3.91%)