



## Pork Chile Rojo (Pulled Pork with Red Chile Sauce)

 Gluten Free  Dairy Free

READY IN



555 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce tomatoes diced with green chilies, undrained canned
- 3 tablespoons chili powder
- 1 cup onions chopped
- 4 pound pork shoulder roast boneless trimmed
- 32 ounce salsa
- 4 cups water

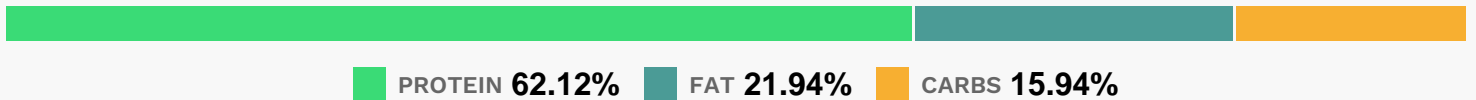
### Equipment

- oven
- dutch oven
- kitchen scissors
- slow cooker

## Directions

- Place the pork roast into an oven roasting bag set inside a slow cooker.
- Sprinkle the chili powder over the roast and arrange onions on top of the roast. Loosely close the top of the bag with a nylon tie. Use scissors to cut 3 vents, 1-inch long in the top of the bag.
- Pour the water into the bottom of the slow cooker, around the bag, so that it is at least 1 inch deep.
- Cover and cook the pork on Low for 6 to 8 hours.
- Remove the pork and onions from the bag and place in a large Dutch oven; reserve 3/4 cup of liquid from the bag. Shred the pork by pulling it apart using two forks. Stir the salsa, tomatoes, and cooking liquid in with the shredded pork.
- Bring to a boil over high heat, then reduce the heat to low. Cover and simmer for 1 hour, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:35.750434709632%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 349.43kcal (17.47%), Fat: 8.47g (13.03%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 9.7g (3.53%), Sugar: 7.07g (7.86%), Cholesterol: 136.08mg (45.36%), Sodium: 929.36mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.93g (107.86%), Vitamin B3: 23.92mg (119.61%),

Vitamin B1: 1.55mg (103.41%), Vitamin B6: 2mg (100.13%), Selenium: 60.32µg (86.17%), Vitamin B2: 1.16mg (68.44%), Phosphorus: 583.92mg (58.39%), Potassium: 1370.8mg (39.17%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.92mg (32.82%), Vitamin A: 1517.13IU (30.34%), Vitamin B5: 2.59mg (25.91%), Magnesium: 91.43mg (22.86%), Vitamin E: 3.19mg (21.3%), Iron: 3.74mg (20.8%), Copper: 0.35mg (17.59%), Fiber: 4.13g (16.54%), Manganese: 0.29mg (14.56%), Vitamin C: 10.25mg (12.42%), Vitamin K: 10.07µg (9.59%), Calcium: 87.65mg (8.76%), Folate: 14.85µg (3.71%)