



## Pulled Pork Chili

 Gluten Free

READY IN



620 min.

SERVINGS



20

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 lb boston butt pork shoulder boneless
- 15 oz black beans rinsed canned
- 15 oz kidney beans rinsed canned
- 28 oz chili-ready tomatoes diced undrained canned
- 2 Tbsp chili powder
- 1.3 cups knudsen cream sour
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 tsp ground cumin

- 1 large onion chopped
- 8 oz cheddar cheese shredded kraft

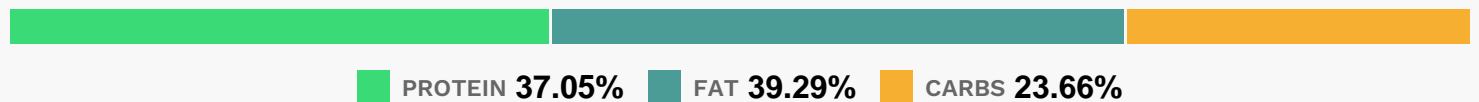
## Equipment

- bowl
- slow cooker

## Directions

- Combine all ingredients except meat, cheese and sour cream in slow cooker.
- Add meat; cover with lid. Cook on LOW 10 to 12 hours (or on HIGH 7 hours).
- Remove meat from slow cooker. Shred meat; return to slow cooker. Stir.
- Spoon into bowls; top with cheese and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:7.8, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:17.669130457484%

## Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 206.78kcal (10.34%), Fat: 9.12g (14.03%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 8.74g (3.18%), Sugar: 3.46g (3.85%), Cholesterol: 53.84mg (17.95%), Sodium: 424.97mg (18.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.69%), Vitamin C: 58.48mg (70.89%), Vitamin B6: 0.68mg (34.24%), Vitamin B3: 6.53mg (32.63%), Vitamin B1: 0.46mg (30.82%), Selenium: 20.16µg (28.8%), Phosphorus: 265.21mg (26.52%), Vitamin B2: 0.43mg (25.31%), Vitamin A: 821.76IU (16.44%), Potassium: 531.62mg (15.19%), Fiber: 3.62g (14.46%), Zinc: 1.98mg (13.23%), Calcium: 125.64mg (12.56%), Vitamin B12: 0.72µg (12.05%), Manganese: 0.23mg (11.53%), Magnesium: 45.26mg (11.32%), Iron: 1.95mg (10.85%), Copper: 0.19mg (9.64%), Vitamin B5: 0.86mg (8.62%), Folate: 32.94µg (8.23%), Vitamin K: 7.8µg (7.43%), Vitamin E: 0.78mg (5.18%)