



## Pulled Pork Nachos

 Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bag tortilla chips
- 1 cup pico de gallo
- 4 tbsp pork rub
- 2 lb boston butt pork shoulder
- 0.5 cup cheese shredded
- 2 tbsp cream sour
- 2 cups vegetable stock

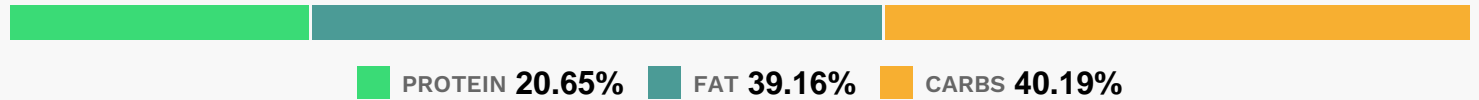
## Equipment

slow cooker

## Directions

- Clean the pork and pat dry.
- Add the pork rub to the shoulder and season all over.
- Place the pork shoulder into the crock pot and set the temperature to low.
- Add in the vegetable broth and cook on low for 8-10 hours.
- Remove from slow cooker and shred the pork. Top the nachos with the shredded pork, pico de gallo, shredded cheese, and sour cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:17.973913043478%

## Taste

Sweetness: 23.69%, Saltiness: 100%, Sourness: 11.42%, Bitterness: 12.51%, Savoriness: 71.02%, Fattiness: 89.24%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 351.61kcal (17.58%), Fat: 15.69g (24.14%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.3g (12.11%), Sugar: 3.86g (4.29%), Cholesterol: 53.65mg (17.88%), Sodium: 661.22mg (28.75%), Protein: 18.62g (37.23%), Vitamin K: 67.85µg (64.62%), Vitamin B1: 0.69mg (45.87%), Selenium: 23.95µg (34.21%), Phosphorus: 266.89mg (26.69%), Manganese: 0.52mg (25.87%), Vitamin B6: 0.46mg (22.9%), Iron: 4.08mg (22.65%), Zinc: 3.15mg (21.03%), Vitamin B3: 3.51mg (17.56%), Vitamin B2: 0.28mg (16.67%), Magnesium: 65.43mg (16.36%), Calcium: 162.88mg (16.29%), Vitamin B12: 0.75µg (12.45%), Fiber: 2.93g (11.74%), Vitamin B5: 1.05mg (10.49%), Vitamin A: 523.99IU (10.48%), Potassium: 366.25mg (10.46%), Vitamin E: 1.49mg (9.96%), Copper: 0.17mg (8.42%), Folate: 18.99µg (4.75%), Vitamin C: 3.08mg (3.74%)