



Pulled-Pork Tacos

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chili powder
- 0.5 cup cilantro sprigs fresh
- 18 corn tortillas
- 6 servings kosher salt
- 1 lime cut into wedges
- 2 tablespoons oregano dried
- 2.5 pound shoulder boneless trimmed
- 2 cups salsa store-bought plus more for serving

- 0.8 cup cup heavy whipping cream sour
- 2 tablespoons cocoa powder unsweetened

Equipment

- oven
- aluminum foil
- slow cooker

Directions

- In a 4- to 6-quart slow cooker, combine the salsa, chili powder, oregano, cocoa, and 1 teaspoon salt.
- Add the pork and turn to coat. Cook, covered, until the meat is tender and pulls apart easily, on high for 4 to 5 hours or on low for 7 to 8 hours. Twenty minutes before serving, heat oven to 350 F. Stack the tortillas, wrap them in foil, and bake until warm, about 15 minutes. Meanwhile, using 2 forks, shred the pork and stir into the cooking liquid.
- Serve with the tortillas, cilantro, sour cream, lime, and extra salsa. Tip: When using a slow cooker, resist the urge to lift the lid until the dish has cooked the minimum amount of time specified in the recipe. Each peek allows heat to escape and can increase cooking time by as much as a half hour.

Nutrition Facts



PROTEIN 47.79% **FAT 22.86%** **CARBS 29.35%**

Properties

Glycemic Index:19.92, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:42.555651747662%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 632.48kcal (31.62%), Fat: 16.14g (24.83%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 37.54g (13.65%), Sugar: 5.46g (6.06%), Cholesterol: 230.53mg (76.84%), Sodium: 949.95mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 75.91g (151.81%), Zinc: 17.91mg (119.41%), Vitamin B12: 5.84µg (97.39%), Vitamin B3: 16.67mg (83.35%), Vitamin B2: 1.41mg (82.98%), Phosphorus: 813.14mg (81.31%), Iron: 12.21mg (67.84%), Vitamin B6: 1.33mg (66.31%), Selenium: 40.97µg (58.53%), Copper: 0.83mg (41.55%), Fiber: 9.08g (36.31%), Magnesium: 142.77mg (35.69%), Potassium: 1112.89mg (31.8%), Vitamin A: 1511.25IU (30.22%), Manganese: 0.6mg (30.2%), Vitamin E: 4.18mg (27.89%), Vitamin B1: 0.41mg (27.58%), Vitamin B5: 2.37mg (23.69%), Vitamin K: 24.33µg (23.17%), Calcium: 170.07mg (17.01%), Folate: 36.83µg (9.21%), Vitamin C: 5.57mg (6.75%)