



Pulled-Pork Tacos

 Gluten Free

READY IN



270 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 0.5 cup cilantro sprigs fresh
- ☐ 18 corn tortillas
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lime cut into wedges
- ☐ 0.8 cup heavy whipping cream sour reduced-fat
- ☐ 2 tablespoons oregano dried
- ☐ 2.5 pound pork butt boneless trimmed

- ☐ 2 cups bottled salsa plus more for serving
- ☐ 2 tablespoons cocoa unsweetened

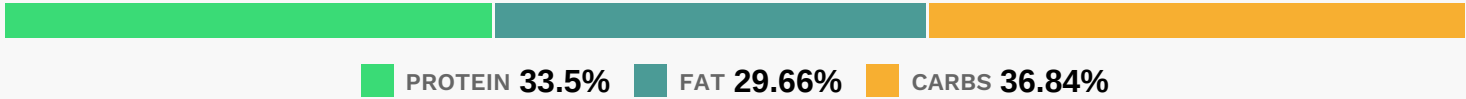
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Combine the first 5 ingredients (through salt) in a 4- to 6-quart slow cooker.
- ☐ Add the pork, and turn to coat.
- ☐ Cook pork, covered, on high for 45 hours or on low for 78 hours, or until the meat is tender and pulls apart easily.
- ☐ Preheat oven to 350 20 minutes before serving. Stack the tortillas, and wrap in foil.
- ☐ Bake for 15 minutes or until warm.
- ☐ Shred the pork with 2 forks, and stir meat into the cooking liquid.
- ☐ Serve shredded pork with warm tortillas, cilantro, sour cream, lime, and extra salsa.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:35.711738938871%

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: 503.14kcal (25.16%), Fat: 16.94g (26.06%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 38.25g (13.91%), Sugar: 4.54g (5.05%), Cholesterol: 123.46mg (41.15%), Sodium: 892.58mg

(38.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.83mg (1.28%), Protein: 43.04g (86.08%), Selenium: 60.64µg (86.63%), Vitamin B1: 1.18mg (78.99%), Phosphorus: 700.19mg (70.02%), Vitamin B6: 1.4mg (69.79%), Vitamin B3: 10.91mg (54.56%), Zinc: 7.98mg (53.21%), Vitamin B2: 0.88mg (51.82%), Fiber: 9.08g (36.31%), Potassium: 1187.02mg (33.91%), Vitamin B5: 3.3mg (32.97%), Magnesium: 131.42mg (32.86%), Vitamin B12: 1.84µg (30.68%), Manganese: 0.58mg (28.8%), Vitamin A: 1426.43IU (28.53%), Iron: 5.01mg (27.83%), Copper: 0.48mg (24.23%), Vitamin E: 3.2mg (21.31%), Vitamin K: 21.21µg (20.2%), Calcium: 196.63mg (19.66%), Vitamin D: 1.19µg (7.94%), Vitamin C: 5.57mg (6.75%), Folate: 17.48µg (4.37%)