



Quick Pulled Pork Chica-dillas

READY IN



80 min.

SERVINGS



20

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon achiote powder from annatto seed
- ☐ 3 avocados thinly sliced
- ☐ 1 cup regular barbecue sauce
- ☐ 12 ounce beer
- ☐ 2 chipotle peppers in adobo seeded chopped
- ☐ 20 servings cilantro leaves
- ☐ 1 teaspoon cumin powder
- ☐ 2 cups farmer's cheese grated
- ☐ 20 flour tortillas

- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon lemon pepper
- ☐ 1 teaspoon onion powder
- ☐ 2 tablespoons papaya nectar
- ☐ 1 teaspoon parsley flakes
- ☐ 2 pound pork tenderloin quartered cut in 1 1/2-inch slices,
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Mix all ingredients (except tortillas, cheese, avocados, and cilantro) together in a large, heavy saucepan. Bring to a boil over medium-high heat, stirring frequently. Reduce heat to medium-low, cover and simmer for 30 to 45 minutes, stirring occasionally. Shred the pork, using 2 forks, or mashing with a potato masher. Put shredded pork back into sauce and mix ingredients. Cover up and cook on low for another 10 to 15 minutes.
- ☐ In a large skillet over medium heat, cook a tortilla about 2 minutes on each side. Spoon some pork onto the tortilla and top with 4 to 5 avocado pieces and cilantro.
- ☐ Heat up another tortilla until toasted and add cheese. Cook until cheese is melted.
- ☐ Place the second tortilla cheese side down on top of the pork and avocado.
- ☐ Cut into 4 slices and repeat process.
- ☐ Garnish with cilantro and serve.
- ☐ Add all ingredients and mix together.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:12.57565210954%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 266.66kcal (13.33%), Fat: 10.52g (16.18%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 22.57g (8.21%), Sugar: 7.27g (8.08%), Cholesterol: 37.29mg (12.43%), Sodium: 561.55mg (24.42%), Alcohol: 0.66g (100%), Alcohol %: 0.49% (100%), Protein: 15.88g (31.75%), Vitamin B1: 0.63mg (41.71%), Selenium: 20.95µg (29.93%), Vitamin B3: 5.1mg (25.51%), Vitamin B6: 0.47mg (23.51%), Phosphorus: 197.6mg (19.76%), Vitamin B2: 0.3mg (17.64%), Fiber: 3.45g (13.81%), Folate: 55.25µg (13.81%), Potassium: 444.93mg (12.71%), Manganese: 0.24mg (12%), Iron: 2.11mg (11.74%), Vitamin K: 9.46µg (9.01%), Vitamin B5: 0.89mg (8.86%), Zinc: 1.25mg (8.36%), Magnesium: 32.43mg (8.11%), Copper: 0.15mg (7.7%), Calcium: 61.96mg (6.2%), Vitamin E: 0.9mg (5.99%), Vitamin C: 4.64mg (5.62%), Vitamin B12: 0.24µg (3.99%), Vitamin A: 117.85IU (2.36%)