



WHATShEATE



Shredded Pork Tacos with Jalapeño-Cilantro Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cabbage sliced
- ☐ 0.3 teaspoon chile powder
- ☐ 6 servings corn tortillas
- ☐ 1 cup crème fraîche
- ☐ 1 cup cilantro leaves fresh
- ☐ 6 servings cilantro leaves fresh
- ☐ 7 garlic cloves

- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno
- ☐ 1 juice of lime
- ☐ 2 tablespoon mayonnaise
- ☐ 1 onion chopped
- ☐ 4 pounds boston butt pork shoulder
- ☐ 0.5 cup queso fresco
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 3 scallion chopped
- ☐ 3 cups water

Equipment

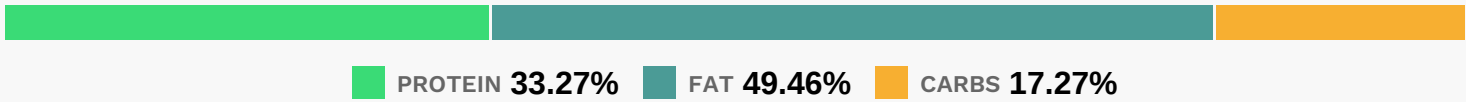
- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Pure the onions, garlic, red bell pepper, ground cumin, chile powder in a blender until smooth.
- ☐ Put the pork in the slow cooker.
- ☐ Add the onion mixture, then cover and cook on high for 6 to 7 hours. The meat should be fork-tender and falling apart.
- ☐ Remove the meat and place in a large bowl to cool. When the meat is cool enough, shred it with your fingers. Make the salsa and assemble the tacos: In a blender, mix the jalapeo, cilantro, crema fresca, mayonnaise, cumin, salt, pepper and the lime juice. Divide the pork and cabbage evenly among the tortillas.
- ☐ Drizzle with the jalapeo sauce and top with the sliced red onion.

Garnish with the cilantro and queso fresco and serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.08, Glycemic Load:6.62, Inflammation Score:-8, Nutrition Score:31.745652203975%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg, Quercetin: 10.09mg

Nutrients (% of daily need)

Calories: 502.5kcal (25.13%), Fat: 27.53g (42.35%), Saturated Fat: 10.45g (65.33%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 18.14g (6.59%), Sugar: 4.94g (5.49%), Cholesterol: 155.18mg (51.73%), Sodium: 478.96mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.67g (83.33%), Vitamin B1: 1.72mg (114.83%), Selenium: 60.33µg (86.19%), Phosphorus: 555.42mg (55.54%), Vitamin B6: 1.04mg (51.75%), Vitamin C: 41.95mg (50.85%), Zinc: 6.78mg (45.2%), Vitamin B3: 8.72mg (43.59%), Vitamin B2: 0.73mg (42.66%), Vitamin K: 40.45µg (38.53%), Vitamin B12: 1.81µg (30.11%), Potassium: 926.39mg (26.47%), Vitamin A: 1086.74IU (21.73%), Magnesium: 77.96mg (19.49%), Vitamin B5: 1.89mg (18.95%), Iron: 3.35mg (18.64%), Calcium: 180.04mg (18%), Manganese: 0.31mg (15.34%), Copper: 0.3mg (15.23%), Fiber: 3.49g (13.96%), Folate: 39.56µg (9.89%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.28µg (1.89%)