

health-score 76%

Slow Cooked Orange Pork Roast Tacos

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

570 min.

SERVINGS

servings

10

CALORIES

calories

647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 pound boston butt pork shoulder bone-in
- ☐ 4 medium carrots grated
- ☐ 0.3 cup cider vinegar
- ☐ 20 corn tortillas
- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 teaspoon ground pepper fresh black
- ☐ 1 teaspoon ground pepper fresh black
- ☐ 1 medium onion chopped

- ☐ 1 cup orange marmalade
- ☐ 1 head cabbage shredded red
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons soya sauce

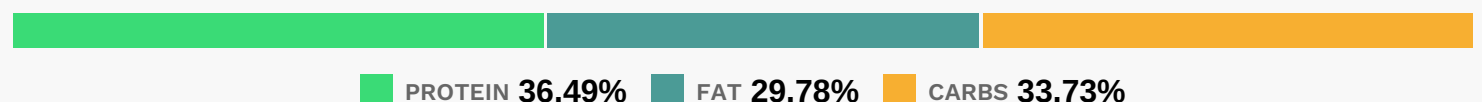
Equipment

- ☐ bowl
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the onions in the bottom of a 5-quart slow cooker.
- ☐ Place the pork shoulder, fat and skin side up. in the slow cooker. In a medium bowl stir together soy sauce, garlic, salt pepper and orange marmalade.
- ☐ Pour mixture over the pork. Cover and cook on low for 8 hours.
- ☐ Remove shoulder to a serving platter and let rest for 5 minutes. Break up some of the meat with a fork and arrange on platter. Leave the rest of the meat on the bone to keep it warm and moist and let your guest pull it off the as they need it.
- ☐ Wrap the tortillas in damp towels, 10 to a towel and microwave on high for 30 seconds. Set out pork and tortillas with Cabbage Slaw and have guests assemble their own tacos.
- ☐ Combine shredded cabbage and grated carrots in a large bowl.
- ☐ Add vinegar, salt, and pepper and toss to combine. Cover with a damp towel and let sit in refrigerator for at least 1 hour or up to 8 hours. Use as topping for pulled pork tacos.
- ☐ Use the leftovers from this recipe to make Pulled Pork Sliders with Mustard BBQ Sauce and Pickled Onions.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:12.63, Inflammation Score:-10, Nutrition Score:43.609130983767%

Flavonoids

Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 647.36kcal (32.37%), Fat: 21.46g (33.01%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 48.42g (17.61%), Sugar: 24.59g (27.32%), Cholesterol: 185.38mg (61.79%), Sodium: 1190.77mg (51.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.16g (118.32%), Vitamin B1: 2.58mg (171.69%), Selenium: 85.74µg (122.48%), Vitamin A: 5052IU (101.04%), Phosphorus: 767.23mg (76.72%), Vitamin B6: 1.51mg (75.42%), Vitamin B3: 13.38mg (66.9%), Vitamin C: 54.08mg (65.55%), Zinc: 9.68mg (64.51%), Vitamin B2: 0.99mg (58.38%), Potassium: 1369.43mg (39.13%), Vitamin B12: 2.32µg (38.74%), Vitamin K: 35.82µg (34.11%), Magnesium: 116.11mg (29.03%), Iron: 4.98mg (27.65%), Manganese: 0.55mg (27.42%), Vitamin B5: 2.56mg (25.62%), Fiber: 6.25g (25.01%), Copper: 0.42mg (20.95%), Calcium: 145.7mg (14.57%), Folate: 41.87µg (10.47%), Vitamin E: 0.42mg (2.83%)