



Slow-Cooked Pork Burrito Bowls

READY IN



495 min.

SERVINGS



9

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork shoulder boneless
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 1 oz taco seasoning
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 7.6 oz old el rice spanish
- ☐ 5 cups water
- ☐ 2 tablespoons butter
- ☐ 9 oz cheddar cheese shredded
- ☐ 2.3 cups lettuce shredded

☐ 0.8 cup salsa thick

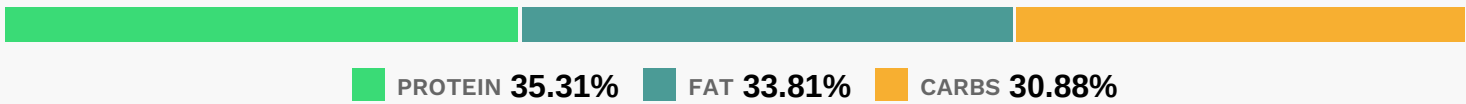
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ If pork roast comes in netting or is tied, remove netting or strings. In 3- to 4-quart slow cooker, place pork.
- ☐ Pour beans around pork.
- ☐ Sprinkle dry taco seasoning mix over pork.
- ☐ Pour green chiles over beans.
- ☐ Cover and cook on Low heat setting 8 to 10 hours.
- ☐ About 45 minutes before serving, in 3-quart saucepan, make rice mixes as directed on package, using water and butter.
- ☐ Remove pork from cooker; place on cutting board. Use 2 forks to pull pork into shreds. Return pork to cooker; gently stir to mix with beans.
- ☐ To serve, spoon about 1 cup rice into each serving bowl, top with 1/2 cup pork mixture, 1/4 cup cheese, 1/4 cup lettuce and about 1 tablespoon salsa.

Nutrition Facts



Properties

Glycemic Index:8.56, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:23.72565227747%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin:

0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 394.89kcal (19.74%), Fat: 14.76g (22.71%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 26.01g (9.46%), Sugar: 3.52g (3.91%), Cholesterol: 87.41mg (29.14%), Sodium: 1095.69mg (47.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.37%), Vitamin B1: 0.89mg (59.64%), Vitamin B3: 11.9mg (59.5%), Selenium: 38.43µg (54.9%), Vitamin B6: 0.9mg (45.02%), Phosphorus: 446.05mg (44.61%), Vitamin B2: 0.65mg (38.34%), Calcium: 241.75mg (24.17%), Zinc: 3.42mg (22.83%), Potassium: 738.88mg (21.11%), Vitamin B12: 1.23µg (20.48%), Manganese: 0.41mg (20.34%), Vitamin A: 916.12IU (18.32%), Fiber: 4.33g (17.31%), Iron: 3.1mg (17.22%), Folate: 66.73µg (16.68%), Magnesium: 64.17mg (16.04%), Vitamin B5: 1.35mg (13.48%), Copper: 0.25mg (12.27%), Vitamin C: 6.98mg (8.46%), Vitamin K: 7.6µg (7.23%), Vitamin E: 1.02mg (6.8%)