

## Slow-Cooked Pork Tacos

READY IN



260 min.

SERVINGS



10

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apricot dried chopped
- 10 8-inch flour tortilla warmed (es)
- 2 garlic clove minced
- 1 teaspoon ground cumin
- 2 tablespoons juice of lime
- 1 medium onion chopped
- 1 Dash hot sauce hot
- 2 pounds pork sirloin roast boneless cut into 1-inch pieces
- 1 medium bell pepper sweet red chopped

- 1.5 cups salsa verde
- 0.5 teaspoon salt
- 10 servings cream shredded sour cubed thinly sliced chopped reduced-fat
- 0.3 teaspoon pepper white

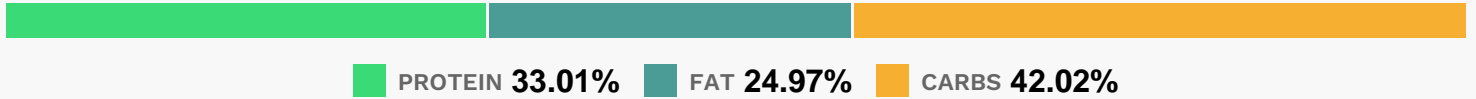
## Equipment

- slow cooker

## Directions

- In a 3-qt. slow cooker, combine the first 11 ingredients. Cover and cook on high for 4-5 hours or until meat is tender.
- Shred pork with two forks.
- Place about 1/2 cup pork mixture down the center of each tortilla.
- Serve with toppings if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.14, Glycemic Load:9, Inflammation Score:-7, Nutrition Score:19.192173836024%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 8.81g (13.56%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 30.85g (11.22%), Sugar: 6.83g (7.59%), Cholesterol: 64.65mg (21.55%), Sodium: 802.66mg (34.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin B1: 0.87mg (58.31%), Selenium: 36.31µg (51.87%), Vitamin B3: 9.02mg (45.09%), Vitamin B6: 0.72mg (36.1%), Phosphorus: 343.58mg

(34.36%), Vitamin B2: 0.51mg (30.22%), Vitamin C: 18.7mg (22.67%), Potassium: 633.85mg (18.11%), Iron: 2.91mg (16.16%), Manganese: 0.31mg (15.75%), Vitamin A: 784.64IU (15.69%), Zinc: 2.33mg (15.54%), Folate: 58.81µg (14.7%), Calcium: 121.56mg (12.16%), Magnesium: 41.04mg (10.26%), Fiber: 2.52g (10.07%), Vitamin B5: 0.98mg (9.75%), Vitamin B12: 0.58µg (9.69%), Copper: 0.14mg (7%), Vitamin K: 4.56µg (4.34%), Vitamin E: 0.49mg (3.26%)