






 **69%**
HEALTH SCORE

Slow-Cooked Pork Tacos with Fire-Roasted Tomatoes and Pickled Onions

 **Gluten Free**  **Very Healthy**

READY IN

630 min.

SERVINGS

6

CALORIES

849 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 avocados peeled thinly sliced
- 1 teaspoon pepper black freshly ground
- 1 to 2 chipotle peppers roughly chopped
- 0.3 cup cilantro leaves chopped
- 6 servings cilantro leaves chopped for garnish
- 24 corn tortillas
- 15 ounce canned tomatoes fire roasted canned

- 2 garlic cloves crushed
- 1 small cabbage shredded green
- 1 teaspoon kosher salt
- 6 servings pickled onions red
- 1 teaspoon oregano dried
- 4 pound boston butt pork shoulder
- 1 onion red thinly sliced
- 1 pinch pepper flakes red
- 2 teaspoons salt
- 16 ounce cup heavy whipping cream sour
- 2 tablespoons sugar
- 0.5 cup vinegar white
- 2 tablespoons worcestershire sauce
- 1 onion yellow roughly chopped

Equipment

- sauce pan
- slow cooker

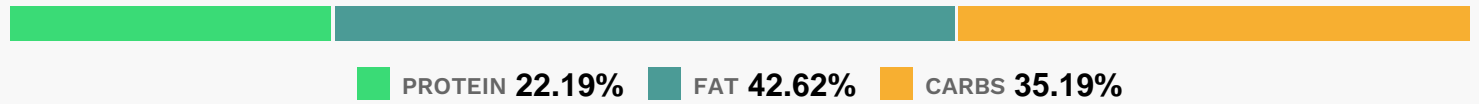
Directions

- Watch how to make this recipe.
- To the sleeve of a slow cooker add onion, garlic, tomatoes, chipotle peppers, Worcestershire sauce, and cilantro.
- Add pork and season with salt and pepper. Cover and slow cook on high for 4 to 6 hours until tender.
- In a small saucepan over medium heat, add vinegar, sugar, red pepper flakes and salt, heat until sugar dissolves.
- Remove from heat and add onions and dried oregano. When mixture is cool pour into a quart container. You may need to add a bit of water just to cover. (Keep at room temperature for about 6 hours then place in the refrigerator.)

Remove pork from slow cooker and shred using 2 forks. Toss with 1/2 cup of the liquid from the slow cooker.

To serve, place 1/4 cup of the pork on a tortilla, top with cabbage, avocado, onions, sour cream and cilantro. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:26.05, Inflammation Score:-9, Nutrition Score:47.183913106504%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 848.59kcal (42.43%), Fat: 40.91g (62.93%), Saturated Fat: 14.17g (88.59%), Carbohydrates: 75.99g (25.33%), Net Carbohydrates: 60.18g (21.89%), Sugar: 16.06g (17.85%), Cholesterol: 168.19mg (56.06%), Sodium: 1586.01mg (68.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.92g (95.84%), Vitamin B1: 1.89mg (125.72%), Vitamin K: 110.88µg (105.6%), Selenium: 64.72µg (92.45%), Phosphorus: 840.55mg (84.05%), Vitamin B6: 1.41mg (70.38%), Vitamin C: 57.74mg (69.98%), Fiber: 15.81g (63.24%), Vitamin B3: 11.08mg (55.4%), Vitamin B2: 0.93mg (54.8%), Zinc: 8.16mg (54.38%), Potassium: 1562.23mg (44.64%), Magnesium: 161.58mg (40.39%), Manganese: 0.8mg (39.89%), Folate: 133.37µg (33.34%), Vitamin B5: 3.13mg (31.31%), Iron: 5.48mg (30.44%), Calcium: 289.26mg (28.93%), Vitamin B12: 1.71µg (28.47%), Copper: 0.54mg (27.13%), Vitamin A: 1051.55IU (21.03%), Vitamin E: 2.25mg (14.98%)