



Slow-Cooker Barbecued Pulled-Pork Fajitas

READY IN



645 min.

SERVINGS



18

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pork loin boneless trimmed
- 1 medium onion thinly sliced
- 2 cups barbecue sauce
- 0.8 cup salsa thick
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 pound bell pepper frozen
- 0.5 teaspoon salt
- 11 oz flour tortilla for burritos (8 count)

- 1 serving cheese shredded
- 1 serving guacamole
- 1 serving cream sour

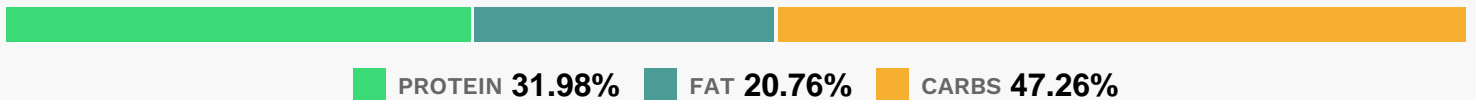
Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Place pork in 3- to 4-quart slow cooker.
- Place onion on top.
- Mix barbecue sauce, salsa, chili powder and cumin in small bowl; pour over pork and onion.
- Cover and cook on Low heat setting 8 to 10 hours.
- Remove pork from cooker; place on cutting board. Shred pork, using 2 forks. Return pork to cooker and mix well. Stir in stir-fry vegetables and salt. Increase heat setting to High. Cover and cook 30 minutes or until mixture is hot and vegetables are tender.
- Using slotted spoon to remove pork mixture from cooker, fill each tortilla with 1/2 cup pork mixture. Fold one end of tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.
- Serve with cheese, guacamole and sour cream.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:3.16, Inflammation Score:-7, Nutrition Score:13.369565248489%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 210.71kcal (10.54%), Fat: 4.82g (7.41%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 22.79g (8.29%), Sugar: 13g (14.44%), Cholesterol: 41.31mg (13.77%), Sodium: 640.05mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin C: 33.13mg (40.15%), Selenium: 22.27µg (31.81%), Vitamin B6: 0.62mg (31.01%), Vitamin B1: 0.4mg (26.41%), Vitamin B3: 5.01mg (25.05%), Vitamin A: 1060.24IU (21.2%), Phosphorus: 203.51mg (20.35%), Vitamin B2: 0.22mg (13.01%), Potassium: 433.99mg (12.4%), Zinc: 1.45mg (9.65%), Manganese: 0.19mg (9.52%), Iron: 1.5mg (8.32%), Magnesium: 31.05mg (7.76%), Folate: 30.44µg (7.61%), Fiber: 1.89g (7.56%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.67mg (6.68%), Vitamin B12: 0.36µg (5.97%), Calcium: 56.21mg (5.62%), Copper: 0.1mg (4.85%), Vitamin K: 4.07µg (3.87%), Vitamin D: 0.26µg (1.72%)