



Slow-Cooker Barbecued Pulled-Pork Fajitas

READY IN



645 min.

SERVINGS



18

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups barbecue sauce
- ☐ 1 pound bell pepper frozen
- ☐ 2.5 pounds pork loin boneless trimmed
- ☐ 1 tablespoon chili powder
- ☐ 18 10-inch flour tortilla (8 to 10 inches in diameter)
- ☐ 1 teaspoon ground cumin
- ☐ 18 servings guacamole
- ☐ 1 medium onion thinly sliced
- ☐ 0.8 cup salsa thick

- ☐ 0.5 teaspoon salt
- ☐ 18 servings cheese shredded
- ☐ 18 servings cream sour

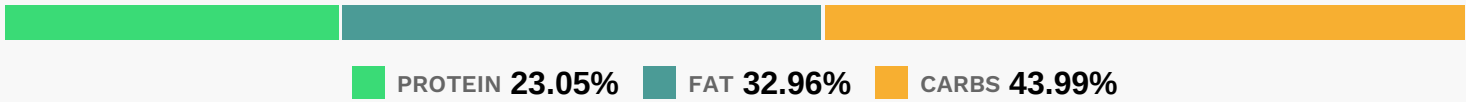
Equipment

- ☐ 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:11.54, Inflammation Score:-8, Nutrition Score:22.120869398117%

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: 475.18kcal (23.76%), Fat: 17.27g (26.58%), Saturated Fat: 7.79g (48.7%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 48.09g (17.49%), Sugar: 15.62g (17.35%), Cholesterol: 68.89mg (22.96%), Sodium: 1197.12mg (52.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.36%), Selenium: 38.93µg (55.62%), Vitamin B1: 0.67mg (44.8%), Phosphorus: 414.74mg (41.47%), Vitamin C: 33.32mg (40.39%), Vitamin B3: 7.39mg (36.96%), Vitamin B6: 0.67mg (33.41%), Calcium: 278.22mg (27.82%), Vitamin B2: 0.46mg (27.34%), Vitamin A: 1310.99IU (26.22%), Manganese: 0.46mg (23.06%), Folate: 83.25µg (20.81%), Iron: 3.54mg (19.66%), Zinc: 2.54mg (16.95%), Vitamin B12: 0.98µg (16.41%), Potassium: 538.68mg (15.39%), Fiber: 3.8g (15.19%), Magnesium: 49.33mg (12.33%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 8.84µg (8.42%), Copper: 0.16mg (7.93%), Vitamin E: 1.16mg (7.74%), Vitamin D: 0.36µg (2.43%)