



Slow-Cooker Barbecued Pulled-Pork Fajitas

 Dairy Free

READY IN



645 min.

SERVINGS



18

CALORIES



366 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
- ☐ 1 medium onion thinly sliced
- ☐ 0.8 cup salsa thick old el paso®

☐ 0.5 teaspoon salt

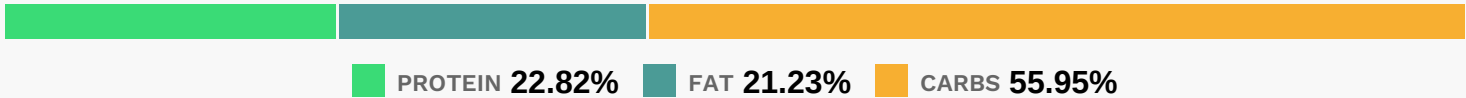
Equipment

- ☐ 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:5.44, Glycemic Load:11.37, Inflammation Score:-8, Nutrition Score:18.939565021059%

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: 365.82kcal (18.29%), Fat: 8.54g (13.14%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 46.91g (17.06%), Sugar: 14.91g (16.57%), Cholesterol: 39.69mg (13.23%), Sodium: 1017.77mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Selenium: 33.72µg (48.18%), Vitamin B1: 0.66mg (44.03%), Vitamin C: 33.12mg (40.14%), Vitamin B3: 7.33mg (36.67%), Vitamin B6: 0.65mg (32.51%), Phosphorus: 305.98mg (30.6%), Manganese: 0.45mg (22.5%), Vitamin B2: 0.36mg (21.42%), Vitamin A: 1045.49IU (20.91%), Folate: 79.76µg (19.94%), Iron: 3.4mg (18.9%), Fiber: 3.73g (14.92%), Potassium: 497.55mg (14.22%), Calcium: 124.58mg (12.46%), Zinc: 1.68mg (11.19%), Magnesium: 42.24mg (10.56%), Copper: 0.15mg (7.57%), Vitamin B5: 0.75mg (7.49%), Vitamin K: 7.8µg (7.43%), Vitamin E: 1.04mg (6.94%), Vitamin B12: 0.32µg (5.35%), Vitamin D: 0.25µg (1.68%)