



HEALTH SCORE

53%

## Slow Cooker Colombian-Style Pulled Pork



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 pounds boston butt pork shoulder boneless
- ☐ 1 cup beer dark
- ☐ 6 garlic cloves
- ☐ 1 teaspoon ground achiote
- ☐ 2 teaspoons ground cumin
- ☐ 6 servings salt and ground pepper
- ☐ 1 cup onion diced
- ☐ 1 teaspoons paprika

☐ 5 scallions

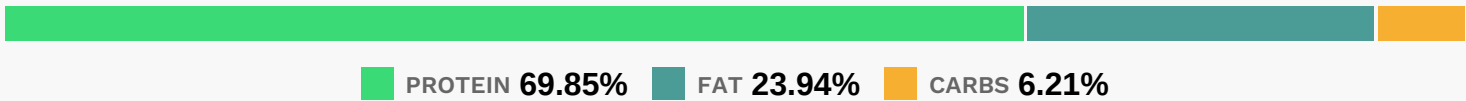
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Combine the paprika, achiote, cumin, salt and pepper in a small bowl. Rub the spice mixture all over the pork.
- ☐ Add the onions, garlic, scallions , beer and 1/2 cup of water to the slow cooker and whisk to combine.
- ☐ Add the pork, cover and cook on low for 8 hours.
- ☐ Remove the pork and transfer to a cutting board. Strain the liquid into a saucepan, bring to a boil and cook until reduced by half, about 7 minutes. Season with salt and pepper. Pull the pork using two forks and mix in a bowl with about 1 cup of the reduced cooking liquid.
- ☐ Serve on buns or with arepas.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:35.596956470738%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 422.98kcal (21.15%), Fat: 10.54g (16.21%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.44g (1.6%), Cholesterol: 181.44mg (60.48%), Sodium: 169.41mg (7.37%), Alcohol: 1.53g (100%), Alcohol %: 0.51% (100%), Protein: 69.18g (138.37%), Vitamin B3: 29.41mg (147.04%), Vitamin B1: 1.98mg (132.11%), Vitamin B6: 2.29mg (114.35%), Selenium: 78.93µg (112.76%), Vitamin B2: 1.44mg (84.76%), Phosphorus: 718.55mg (71.85%), Vitamin B12: 2.64µg (43.98%), Zinc: 6.07mg (40.45%), Potassium: 1253.09mg (35.8%), Vitamin B5: 3.05mg (30.54%), Magnesium: 89.6mg (22.4%), Vitamin K: 21.33µg (20.31%), Iron: 3.48mg (19.32%), Copper: 0.27mg (13.45%), Manganese: 0.19mg (9.32%), Vitamin C: 4.84mg (5.87%), Vitamin A: 273.7IU (5.47%), Calcium: 48.92mg (4.89%), Fiber: 0.99g (3.95%), Folate: 14.16µg (3.54%), Vitamin E: 0.42mg (2.83%)