



Slow-Cooker Fajita Pulled Pork Sandwiches with Avocado-Onion Slaw

 Gluten Free

READY IN



445 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb pork shoulder boneless trimmed
- ☐ 0.8 cup mild cheddar cheese
- ☐ 1 teaspoon chili powder
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons salad dressing
- ☐ 1 tablespoon vinegar white

- ☐ 0.3 teaspoon salt
- ☐ 1 medium avocado cubed
- ☐ 0.5 cup onion halved thinly sliced
- ☐ 8.2 oz taco shells soft for tacos and fajitas (10 count (12 Count)
- ☐ 0.3 cup cilantro leaves chopped

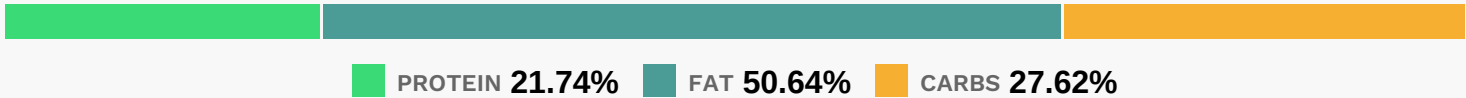
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 4-quart slow cooker with cooking spray. In 10-inch skillet, heat oil over medium heat. Cook pork in oil 6 to 8 minutes or until brown on both sides.
- ☐ Place pork in slow cooker. Cover; cook on Low heat setting 7 to 8 hours or until pork pulls apart easily with fork.
- ☐ Remove pork from slow cooker; shred pork. Reserve 1/4 cup liquid in slow cooker; discard remaining liquid. Stir pork, salsa, chili powder and cumin into liquid in slow cooker.
- ☐ In medium bowl, stir together mayonnaise, vinegar and salt. Gently stir in avocado and onion. To serve, place pork in tortillas; top with avocado-onion slaw and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:15.58, Inflammation Score:-6, Nutrition Score:18.824782726557%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 436.35kcal (21.82%), Fat: 24.61g (37.86%), Saturated Fat: 7.56g (47.24%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 24.97g (9.08%), Sugar: 2.21g (2.45%), Cholesterol: 59.48mg (19.83%), Sodium: 434.26mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.53%), Vitamin B3: 8.66mg (43.28%), Vitamin B1: 0.61mg (40.55%), Vitamin B6: 0.75mg (37.49%), Selenium: 25.8µg (36.86%), Phosphorus: 353.1mg (35.31%), Vitamin B2: 0.5mg (29.24%), Fiber: 5.23g (20.91%), Vitamin K: 21.28µg (20.27%), Zinc: 2.89mg (19.26%), Magnesium: 68.64mg (17.16%), Potassium: 588.48mg (16.81%), Manganese: 0.32mg (15.92%), Calcium: 155.99mg (15.6%), Folate: 59.9µg (14.97%), Vitamin B12: 0.81µg (13.46%), Vitamin B5: 1.29mg (12.89%), Vitamin E: 1.62mg (10.8%), Iron: 1.8mg (9.99%), Copper: 0.18mg (9.17%), Vitamin A: 346.81IU (6.94%), Vitamin C: 4.57mg (5.53%)