



Slow-Cooker Green Chile Pork Tacos

 Vegetarian

READY IN



505 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 lb green beans boneless
- ☐ 0.3 cup water
- ☐ 1 oz taco seasoning
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 cup salsa thick
- ☐ 1 cup tomatoes chopped

- ☐ 1 cup cilantro leaves fresh
- ☐ 1 lime cut into 16 pieces
- ☐ 16 6-inch flour tortilla ()

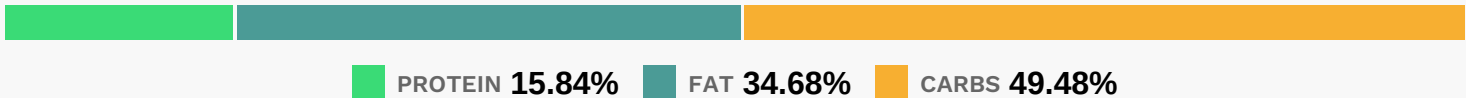
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add pork roast pieces. Cook 6 to 8 minutes, turning occasionally, until well browned on all sides.
- ☐ In 3 1/2- to 4-quart slow cooker, place pork.
- ☐ Add water to skillet; cook over medium heat 2 to 3 minutes, scraping up browned bits.
- ☐ Pour over pork. Top pork with taco seasoning mix and chiles.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Remove pork from cooker to cutting board. Pull pork into bite-size chunks, using 2 forks. Return pork to juices in cooker.
- ☐ Place cheese and salsa in separate serving bowls. On serving platter, arrange cheese, salsa, tomato, cilantro and lime pieces. Warm tortillas as directed on package. Spoon pork onto tortillas, using slotted spoon; top with cheese, tomato, cilantro and salsa. Squeeze lime juice over fillings. Fold tortillas in half over filling.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:13.11, Inflammation Score:-9, Nutrition Score:25.170869783215%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 378.24kcal (18.91%), Fat: 15.11g (23.25%), Saturated Fat: 6.93g (43.34%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 39.81g (14.48%), Sugar: 10.67g (11.86%), Cholesterol: 26.93mg (8.98%), Sodium: 1181.65mg (51.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Vitamin K: 90.38µg (86.08%), Vitamin A: 2161.08IU (43.22%), Vitamin C: 33.34mg (40.41%), Manganese: 0.74mg (36.86%), Calcium: 357.75mg (35.78%), Fiber: 8.7g (34.8%), Phosphorus: 331.3mg (33.13%), Folate: 129.88µg (32.47%), Vitamin B1: 0.47mg (31.42%), Selenium: 19.04µg (27.2%), Vitamin B2: 0.46mg (27.02%), Iron: 4.8mg (26.65%), Vitamin B3: 4.54mg (22.68%), Vitamin B6: 0.39mg (19.41%), Magnesium: 71.4mg (17.85%), Potassium: 620.97mg (17.74%), Copper: 0.23mg (11.5%), Zinc: 1.71mg (11.39%), Vitamin E: 1.47mg (9.82%), Vitamin B5: 0.68mg (6.75%), Vitamin B12: 0.35µg (5.81%)