



Slow-Cooker Green Chile Pulled Pork Burritos

READY IN



490 min.

SERVINGS



14

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons chipotle sauce
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 2.5 lb pork loin boneless trimmed of fat
- 1 poblano pepper seeded chopped
- 2 cups to 2 chilies slit green (from 16 oz jar)
- 11 oz flour tortilla for burritos (8 count)
- 1 cup guacamole
- 1 cup cream sour

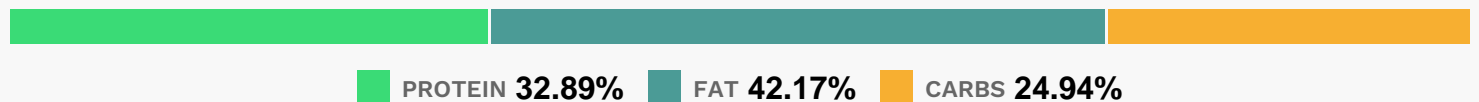
Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Spray 4- to 5-quart slow cooker with cooking spray. In small bowl, mix chile pepper powder, oil and salt. Rub mixture over pork; place in slow cooker.
- Sprinkle with poblano chile.
- Pour salsa over top.
- Cover; cook on Low heat setting 8 to 10 hours.
- Remove pork from slow cooker to cutting board. Shred pork, using 2 forks. Return pork to slow cooker; mix well.
- Using slotted spoon, spoon about 1/2 cup pork mixture onto each warm tortilla; top with about 1 tablespoon each guacamole and sour cream. Fold 1 side of tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold remaining end down.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:3.63, Inflammation Score:-4, Nutrition Score:13.397826028907%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 255.73kcal (12.79%), Fat: 11.91g (18.33%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 12.72g (4.63%), Sugar: 2.86g (3.18%), Cholesterol: 60.72mg (20.24%), Sodium: 448.6mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.9g (41.8%), Selenium: 28.08µg (40.12%), Vitamin B6: 0.7mg (34.82%), Vitamin B1: 0.49mg (32.73%), Vitamin B3: 6mg (30.02%), Phosphorus: 251.6mg (25.16%), Vitamin B2: 0.27mg (15.73%), Vitamin C: 11.34mg (13.74%), Potassium: 452.83mg (12.94%), Fiber: 3.13g (12.52%), Zinc: 1.76mg (11.71%), Vitamin B5: 0.95mg (9.52%), Folate: 37.24µg (9.31%), Magnesium: 33.64mg (8.41%), Iron: 1.39mg (7.7%), Manganese: 0.15mg (7.68%), Vitamin K: 8.02µg (7.63%), Vitamin B12: 0.45µg (7.46%), Copper: 0.11mg (5.64%), Calcium: 56.26mg (5.63%), Vitamin E: 0.65mg (4.32%), Vitamin A: 159.87IU (3.2%), Vitamin D: 0.32µg (2.16%)