



Slow-Cooker Green Chile Pulled Pork Burritos

READY IN



490 min.

SERVINGS



14

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lb pork loin boneless trimmed of fat
- ☐ 1 tablespoons chipotle sauce
- ☐ 12 8-inch flour tortilla for burritos (; from two 11 oz packages)
- ☐ 1 cup guacamole
- ☐ 1 poblano pepper seeded chopped
- ☐ 2 cups to 2 chilies slit green (from 16 oz jar)
- ☐ 1 teaspoon salt
- ☐ 1 cup cream sour
- ☐ 1 tablespoon vegetable oil

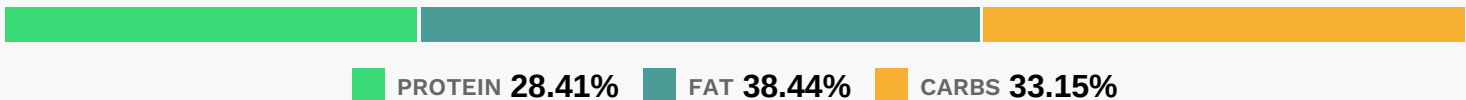
Equipment

- ☐ 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:6.98, Inflammation Score:-4, Nutrition Score:15.73608696979%

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: 321.33kcal (16.07%), Fat: 13.62g (20.96%), Saturated Fat: 4.5g (28.09%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 22.56g (8.2%), Sugar: 3.65g (4.06%), Cholesterol: 60.72mg (20.24%), Sodium: 606.4mg (26.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.31%), Selenium: 32.86µg (46.95%), Vitamin B1: 0.6mg (39.92%), Vitamin B6: 0.71mg (35.45%), Vitamin B3: 6.95mg (34.76%), Phosphorus: 295.77mg (29.58%), Vitamin B2: 0.33mg (19.29%), Fiber: 3.88g (15.52%), Folate: 57.39µg (14.35%), Vitamin C: 11.34mg (13.74%), Potassium: 479.63mg (13.7%), Manganese: 0.26mg (12.98%), Zinc: 1.87mg (12.46%), Iron: 2.16mg (12.02%), Vitamin B5: 0.99mg (9.87%), Magnesium: 38.35mg (9.59%), Vitamin K: 9.56µg (9.1%), Calcium: 87.56mg (8.76%), Vitamin B12: 0.45µg (7.46%), Copper: 0.14mg (6.75%), Vitamin E: 0.65mg (4.32%), Vitamin A: 159.87IU (3.2%), Vitamin D: 0.32µg (2.16%)