



## Slow-Cooker Mexican Pork

 Gluten Free

READY IN



370 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb pork loin boneless cut into 1-inch pieces
- 2.3 cups salsa thick
- 4 oz chilis green drained chopped canned
- 15 oz black beans rinsed drained canned
- 4 oz monterrey jack cheese shredded

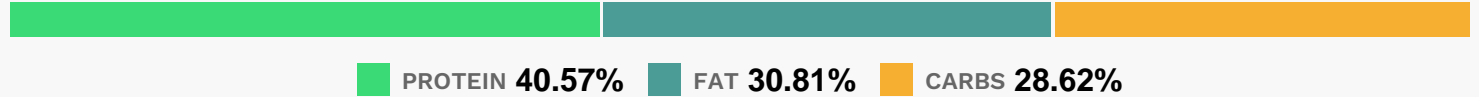
### Equipment

- slow cooker

## Directions

- In 3 1/2- to 4-quart slow cooker, mix pork, salsa and chiles.
- Cover; cook on Low heat setting 6 to 8 hours.
- Stir in beans. Cover; cook on Low heat setting about 5 minutes or until beans are hot.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:27.048695792323%

## Nutrients (% of daily need)

Calories: 400.54kcal (20.03%), Fat: 13.86g (21.32%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 18.51g (6.73%), Sugar: 5.71g (6.35%), Cholesterol: 96.67mg (32.22%), Sodium: 1705.84mg (74.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.11%), Vitamin B6: 1.23mg (61.42%), Selenium: 38.31µg (54.72%), Phosphorus: 545.75mg (54.58%), Vitamin B1: 0.71mg (47.3%), Vitamin B3: 9.02mg (45.08%), Fiber: 10.45g (41.8%), Potassium: 1183.87mg (33.82%), Calcium: 305.52mg (30.55%), Vitamin B2: 0.51mg (29.74%), Zinc: 3.78mg (25.22%), Magnesium: 97.42mg (24.35%), Folate: 91.11µg (22.78%), Iron: 3.83mg (21.26%), Manganese: 0.42mg (21.2%), Vitamin A: 959.98IU (19.2%), Copper: 0.37mg (18.7%), Vitamin C: 15.34mg (18.6%), Vitamin B5: 1.42mg (14.19%), Vitamin B12: 0.81µg (13.56%), Vitamin E: 2.01mg (13.37%), Vitamin K: 6.85µg (6.52%), Vitamin D: 0.62µg (4.16%)