



Slow Cooker Mole-Style Pulled Pork

 Dairy Free

READY IN



480 min.

SERVINGS



12

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon chili powder
- 10.5 ounce campbell's® condensed onion soup french canned
- 12 8-inch flour tortilla warmed ()
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 6 plum tomatoes seeded chopped

- 4 pound pork shoulder boneless
- 2 tablespoons bittersweet chocolate
- 0.3 cup water

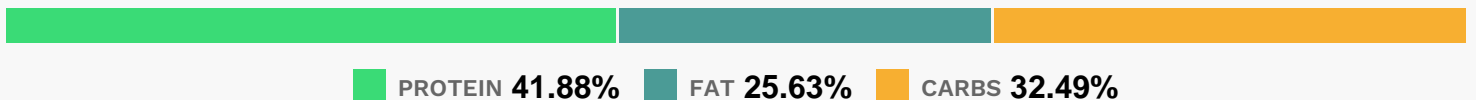
Equipment

- slow cooker
- cutting board

Directions

- Stir the soup, water, chili powder, brown sugar, cumin and cinnamon in a 6-quart slow cooker.
- Add the pork and turn to coat.
- Cover and cook on LOW for 8 to 9 hours or until the pork is fork-tender.
- Remove the pork to a cutting board. Using 2 forks, shred the pork.
- Add the chocolate to the cooker and stir until melted. Return the pork to the cooker.
- Place about 1/2 cup pork mixture onto half of each tortilla. Top with the tomatoes and cilantro. Fold the tortillas over the filling.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:8.28, Inflammation Score:-6, Nutrition Score:26.50130417036%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 383.86kcal (19.19%), Fat: 10.67g (16.41%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 27.52g (10.01%), Sugar: 5.44g (6.04%), Cholesterol: 91.86mg (30.62%), Sodium: 598.71mg (26.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.43%), Vitamin B3: 17.07mg (85.35%), Vitamin B1: 1.25mg (83.13%), Selenium: 50.76µg (72.51%), Vitamin B6: 1.16mg (58.16%), Vitamin B2: 0.86mg

(50.67%), Phosphorus: 468.38mg (46.84%), Potassium: 852.82mg (24.37%), Zinc: 3.38mg (22.53%), Vitamin B12: 1.32µg (22%), Iron: 3.69mg (20.51%), Manganese: 0.39mg (19.48%), Vitamin B5: 1.61mg (16.13%), Magnesium: 60.27mg (15.07%), Folate: 53.02µg (13.26%), Fiber: 2.9g (11.61%), Copper: 0.23mg (11.41%), Calcium: 100.29mg (10.03%), Vitamin A: 482.25IU (9.64%), Vitamin K: 8.1µg (7.71%), Vitamin C: 4.36mg (5.29%), Vitamin E: 0.58mg (3.83%)