



WHATSheATE



Slow-Cooker Pineapple-Pork Tacos



Gluten Free

READY IN



440 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pork shoulder boneless trimmed
- ☐ 1 oz taco seasoning
- ☐ 8 oz dole pineapple tidbits drained canned
- ☐ 2 teaspoons juice of lime
- ☐ 4.6 oz taco shells (12 Count)
- ☐ 3 oz cheddar cheese shredded
- ☐ 1.5 cups lettuce shredded
- ☐ 0.8 cup tomatoes chopped

- ☐ 0.3 cup cream sour
- ☐ 0.3 cup salsa

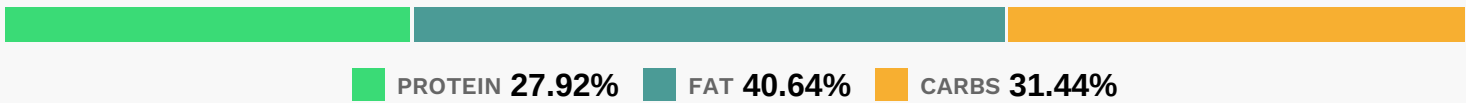
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray.
- ☐ Place pork in slow cooker; sprinkle with taco seasoning mix. Cover; cook on Low heat setting 7 to 9 hours or until pork pulls apart easily with fork.
- ☐ Remove pork from slow cooker; shred pork. Stir into liquid in slow cooker. Stir in pineapple and lime juice.
- ☐ To serve, divide pork among taco shells (about 1/4 cup each), and top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:8.78, Inflammation Score:-7, Nutrition Score:16.849999979786%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 324.64kcal (16.23%), Fat: 14.74g (22.68%), Saturated Fat: 6.38g (39.89%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 22.11g (8.04%), Sugar: 8.51g (9.45%), Cholesterol: 67.07mg (22.36%), Sodium: 687.01mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.56%), Vitamin B3: 8.09mg (40.44%), Vitamin B1: 0.6mg (39.97%), Selenium: 25.33µg (36.19%), Vitamin B6: 0.68mg (34.09%), Phosphorus: 313.97mg (31.4%), Vitamin B2: 0.47mg (27.87%), Vitamin A: 1003.15IU (20.06%), Zinc: 2.51mg (16.75%), Calcium: 155.58mg

(15.56%), Potassium: 518.47mg (14.81%), Fiber: 3.54g (14.17%), Vitamin B12: 0.83µg (13.91%), Magnesium: 54.08mg (13.52%), Vitamin C: 9.62mg (11.67%), Manganese: 0.2mg (9.88%), Iron: 1.67mg (9.29%), Vitamin B5: 0.91mg (9.08%), Vitamin K: 9.09µg (8.66%), Copper: 0.15mg (7.74%), Folate: 29.39µg (7.35%), Vitamin E: 0.69mg (4.57%)