



Slow Cooker Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



485 min.

SERVINGS



8

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings chili powder to taste
- 8 servings pepper red crushed to taste
- 3 pounds boston butt pork shoulder
- 2 ounce taco seasoning

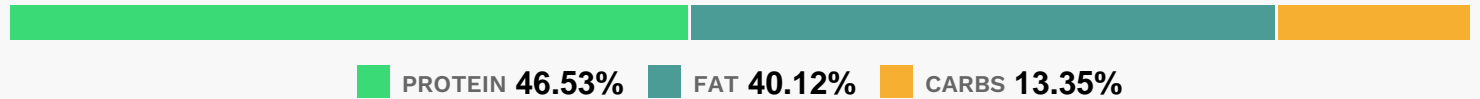
Equipment

- pot
- slow cooker

Directions

- Place pork shoulder in a slow cooker with taco seasoning. If desired, add chili powder and/or red pepper flakes.
- Add water until meat is covered.
- Place lid on pot and cook on low for 8 hours.
- Remove pork shoulder from pot and shred.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:15.743912930074%

Nutrients (% of daily need)

Calories: 178.17kcal (8.91%), Fat: 7.98g (12.28%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.62g (1.8%), Cholesterol: 69.52mg (23.17%), Sodium: 716.27mg (31.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.65%), Vitamin B1: 0.93mg (61.82%), Selenium: 31.42µg (44.89%), Vitamin A: 1857.09IU (37.14%), Vitamin B6: 0.51mg (25.72%), Vitamin B3: 4.9mg (24.5%), Zinc: 3.43mg (22.87%), Phosphorus: 221.59mg (22.16%), Vitamin B2: 0.36mg (21.38%), Vitamin B12: 0.87µg (14.53%), Iron: 2.44mg (13.53%), Potassium: 431.82mg (12.34%), Fiber: 2.72g (10.9%), Vitamin E: 1.53mg (10.17%), Vitamin B5: 0.89mg (8.88%), Copper: 0.14mg (7.03%), Magnesium: 27.75mg (6.94%), Vitamin C: 4.05mg (4.91%), Vitamin K: 4.23µg (4.03%), Manganese: 0.08mg (4.02%), Calcium: 27.73mg (2.77%), Folate: 6.31µg (1.58%)