



Slow-Cooker Pork Loin Carnita Tacos with Chimichurri Sauce

 **Gluten Free**  **Dairy Free**

READY IN



499 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1.5 pound pork loin roast boneless trimmed
- 2 cups chicken stock see (such as Swanson)
- 12 6-inch corn tortillas ()
- 8 garlic cloves minced
- 6 servings chimichurri sauce
- 0.5 teaspoon salt

0.5 cup water

Equipment

bowl

frying pan

slow cooker

Directions

Rub pork with salt, pepper, and garlic.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add pork; cook 3 minutes on each side or until browned.

Transfer pork to a 5-quart round electric slow cooker coated with cooking spray.

Add stock to pan, scraping to loosen browned bits; cook 2 minutes.

Pour stock mixture over pork; add water. Cover and cook on LOW 8 hours or until tender.

Remove pork from slow cooker, and place in a medium bowl.

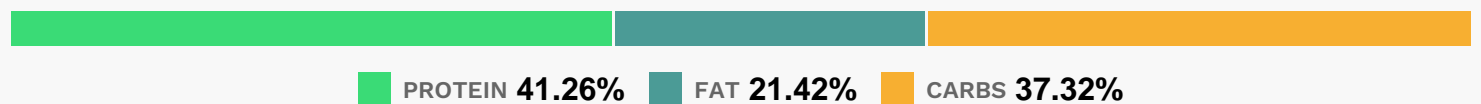
Pour broth into a medium skillet. Bring to a boil over high heat; boil 5 minutes or until reduced to 2/3 cup.

While broth reduces, shred pork using 2 forks. Stir in broth reduction.

Warm tortillas according to package directions.

Serve pork with tortillas, sour cream, if desired, and Chimichurri Sauce.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:10.45, Inflammation Score:-3, Nutrition Score:16.789565140786%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 299.44kcal (14.97%), Fat: 7.07g (10.88%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 24.33g (8.85%), Sugar: 1.99g (2.22%), Cholesterol: 73.84mg (24.61%), Sodium: 400.85mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.3%), Vitamin B6: 1.07mg (53.45%), Selenium: 36.92µg (52.74%), Phosphorus: 446.41mg (44.64%), Vitamin B3: 8.59mg (42.94%), Vitamin B1: 0.59mg (39.16%), Zinc: 2.89mg (19.23%), Vitamin B2: 0.32mg (18.74%), Magnesium: 71.61mg (17.9%), Potassium: 623.12mg (17.8%), Fiber: 3.4g (13.61%), Manganese: 0.27mg (13.3%), Copper: 0.21mg (10.33%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.93mg (9.28%), Iron: 1.51mg (8.37%), Calcium: 58.88mg (5.89%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.32mg (2.15%), Vitamin C: 1.41mg (1.71%), Folate: 6.75µg (1.69%)