



Slow-Cooker Pulled Pork Fajitas

READY IN



530 min.

SERVINGS



16

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb pork loin boneless trimmed of fat
- 2 tablespoons penzey's southwest seasoning (from 3-oz container)
- 1 cup salsa thick
- 1 lb bell pepper frozen thawed
- 11 oz flour tortilla warmed for burritos (8 count)
- 8 oz cheddar cheese shredded mexican-style
- 1 cup cream sour
- 1 serving frangelico

Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Place Reynolds™ Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- Place pork in 3- to 4-quart slow cooker.
- Sprinkle with fajita seasoning. Top with salsa. Cover; cook on Low heat setting 8 to 10 hours.
- Remove pork from cooker; place on cutting board. Shred pork using 2 forks; return pork to cooker and mix well. Stir in stir-fry vegetables. Increase heat setting to High. Cover; cook 30 minutes longer or until mixture is hot and vegetables are tender.
- Using slotted spoon, place 1/2 cup meat mixture in each warm tortilla.
- Sprinkle with cheese.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:16.853043566579%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 249.38kcal (12.47%), Fat: 11.46g (17.63%), Saturated Fat: 5.36g (33.53%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 12.26g (4.46%), Sugar: 3.27g (3.64%), Cholesterol: 66.6mg (22.2%), Sodium: 376.87mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.66%), Vitamin C: 36.77mg (44.57%), Selenium: 26.89µg (38.42%), Vitamin B6: 0.69mg (34.58%), Vitamin B1: 0.44mg (29.49%), Phosphorus: 287.93mg (28.79%), Vitamin B3: 5.51mg (27.54%), Vitamin A: 1180.03IU (23.6%), Calcium: 175.98mg (17.6%), Vitamin B2: 0.3mg (17.4%), Vitamin K: 15.54µg (14.8%), Zinc: 2.01mg (13.37%), Potassium: 444.48mg (12.7%), Manganese: 0.25mg (12.41%), Iron: 2.05mg (11.41%), Folate: 39.1µg (9.77%), Magnesium: 38.53mg (9.63%), Vitamin B12: 0.57µg (9.43%), Fiber: 2.36g (9.42%), Vitamin B5: 0.78mg (7.83%), Vitamin E: 1.17mg (7.77%), Copper: 0.09mg (4.73%), Vitamin D: 0.35µg (2.36%)