



Slow-Cooker Pulled Pork Fajitas

READY IN



530 min.

SERVINGS



16

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb bell pepper frozen thawed
- 2.5 lb pork loin boneless trimmed of fat
- 23 oz flour tortilla warmed for burritos (16 tortillas)
- 1 cup salsa thick
- 2 tablespoons penzey's southwest seasoning (from 3-oz container)
- 1 cup cream sour
- 8 oz cheddar cheese shredded mexican-style
- 16 servings frangelico
- 16 servings frangelico

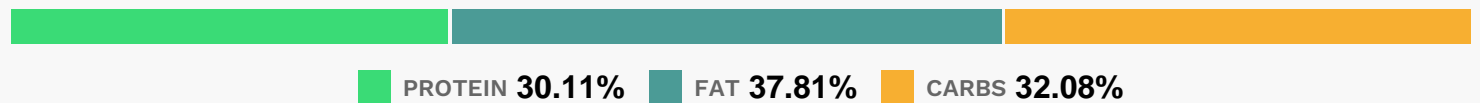
Equipment

- 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:6.74, Inflammation Score:-8, Nutrition Score:19.173043489456%

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: 314.45kcal (15.72%), Fat: 13.16g (20.24%), Saturated Fat: 5.98g (37.41%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 22.02g (8.01%), Sugar: 4.06g (4.51%), Cholesterol: 66.6mg (22.2%), Sodium: 533.36mg (23.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.15%), Selenium: 31.64µg (45.19%), Vitamin C: 36.77mg (44.57%), Vitamin B1: 0.55mg (36.62%), Vitamin B6: 0.7mg (35.2%), Phosphorus: 331.73mg (33.17%), Vitamin B3: 6.45mg (32.24%), Vitamin A: 1180.03IU (23.6%), Vitamin B2: 0.36mg (20.93%), Calcium: 207.03mg (20.7%), Manganese: 0.35mg (17.67%), Vitamin K: 17.07µg (16.25%), Iron: 2.83mg (15.7%), Folate: 59.08µg (14.77%), Zinc: 2.12mg (14.13%), Potassium: 471.06mg (13.46%), Fiber: 3.1g (12.4%), Magnesium: 43.2mg (10.8%), Vitamin B12: 0.57µg (9.43%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 1.17mg (7.77%), Copper: 0.12mg (5.84%), Vitamin D: 0.35µg (2.36%)