



Slow-Cooker Pulled Pork Wraps with Coleslaw

READY IN



585 min.

SERVINGS



24

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 oz barbecue sauce
- 4 lb pork loin boneless
- 0.5 cup buttermilk
- 1 cup carrots shredded
- 0.5 teaspoon dijon mustard
- 24 8-inch flour tortilla for burritos ()
- 0.5 head cabbage shredded green
- 0.3 teaspoon ground mustard
- 1 tablespoon juice of lime

- 0.8 cup mayonnaise
- 0.3 teaspoon onion powder
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 3 tablespoons sugar
- 1.5 tablespoons citrus champagne vinegar

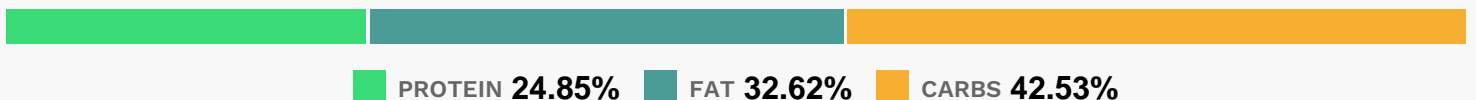
Equipment

- bowl
- whisk
- slotted spoon
- slow cooker

Directions

- Place pork in 3 1/2- to 4-quart slow cooker; pour one bottle barbecue sauce over top. Cover; cook on Low heat setting 9 to 10 hours.
- Thirty minutes before pork is done, in large bowl, toss cabbage and carrots until mixed. In small bowl, mix remaining ingredients except tortillas with whisk until sugar is dissolved.
- Pour over cabbage mixture; toss until coated.
- Transfer pork roast to bowl. Shred pork, using 2 forks. Skim fat off surface barbecue sauce liquid in slow cooker; pour over shredded pork. Stir in more barbecue sauce, if desired.
- Using slotted spoon, spoon about 1/3 cup pork mixture over tortillas. Top with about with about 1/3 cup coleslaw; roll up.

Nutrition Facts



Properties

Glycemic Index:14.16, Glycemic Load:9.55, Inflammation Score:-7, Nutrition Score:16.837826044663%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 356.44kcal (17.82%), Fat: 12.73g (19.58%), Saturated Fat: 3.37g (21.03%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 34.73g (12.63%), Sugar: 11.61g (12.89%), Cholesterol: 51.12mg (17.04%), Sodium: 713.68mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.82g (43.64%), Selenium: 33.09µg (47.27%), Vitamin B1: 0.62mg (41%), Vitamin B3: 6.83mg (34.14%), Vitamin B6: 0.65mg (32.53%), Phosphorus: 292.46mg (29.25%), Vitamin K: 30.6µg (29.14%), Vitamin A: 970.46IU (19.41%), Vitamin B2: 0.32mg (18.72%), Manganese: 0.33mg (16.36%), Folate: 58.23µg (14.56%), Iron: 2.53mg (14.05%), Potassium: 455.12mg (13%), Zinc: 1.75mg (11.65%), Fiber: 2.62g (10.47%), Calcium: 101.36mg (10.14%), Magnesium: 37.39mg (9.35%), Vitamin C: 7.56mg (9.17%), Vitamin B5: 0.77mg (7.69%), Vitamin B12: 0.42µg (6.95%), Copper: 0.12mg (6.09%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.38µg (2.54%)