



Slow-Cooker Pulled Pork Wraps with Coleslaw

READY IN



585 min.

SERVINGS



24

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb pork loin boneless
- ☐ 18 oz barbecue sauce
- ☐ 0.5 head cabbage shredded green
- ☐ 1 cup carrots shredded
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup buttermilk
- ☐ 3 tablespoons sugar
- ☐ 1.5 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon juice of lime

- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 11 oz flour tortilla for burritos (8 count

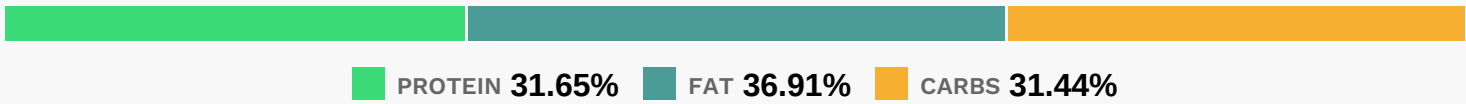
Equipment

- ☐ 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:3.62, Inflammation Score:-6, Nutrition Score:12.692608750385%

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, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 240.14kcal (12.01%), Fat: 9.69g (14.91%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 17.29g (6.29%), Sugar: 10.2g (11.33%), Cholesterol: 51.12mg (17.04%), Sodium: 433.95mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.41%), Selenium: 24.62µg (35.16%), Vitamin B6: 0.63mg (31.41%), Vitamin B1: 0.42mg (28.26%), Vitamin K: 27.87µg (26.54%), Vitamin B3: 5.15mg (25.74%), Phosphorus: 214.17mg (21.42%), Vitamin A: 970.46IU (19.41%), Vitamin B2: 0.21mg (12.42%), Potassium: 407.61mg (11.65%), Zinc: 1.55mg (10.31%), Vitamin C: 7.56mg (9.17%), Magnesium: 29.03mg (7.26%), Vitamin B5: 0.71mg (7.07%), Manganese: 0.14mg (6.97%), Vitamin B12: 0.42µg (6.95%), Iron: 1.15mg (6.38%), Folate: 22.51µg (5.63%), Fiber: 1.29g (5.15%), Calcium: 45.87mg (4.59%), Copper: 0.08mg (4.11%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.38µg (2.54%)