



## Slow-Cooker Southwestern Pork Burritos

 Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz tomatoes diced green undrained canned
- 1 tablespoon chili powder
- 12 8-inch flour tortilla for burritos (; from two 11.5-oz packages old el paso®)
- 3 cloves garlic finely chopped
- 1 tablespoon honey
- 2.5 lb pork shoulder boneless trimmed of fat
- 0.3 teaspoon salt
- 3 tablespoons tomato paste

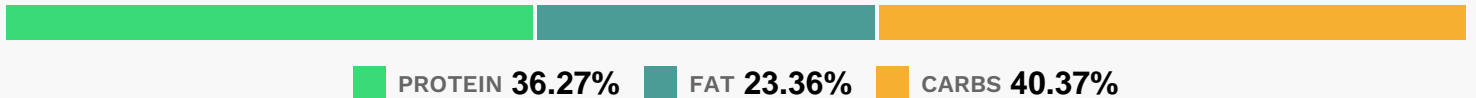
## Equipment

- blender
- slow cooker
- cutting board

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Place pork in cooker.
- In blender, place tomatoes, tomato paste, honey, garlic, chili powder and salt. Cover; blend on medium-high speed 10 seconds, stopping blender frequently to scrape sides.
- Pour over pork.
- Cover; cook on Low heat setting 8 to 10 hours.
- Remove pork from cooker; place on cutting board. Shred pork with 2 forks; return to cooker and mix well.
- Serve pork mixture on tortillas with toppings. Pork mixture will hold on Low heat setting up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:13.44, Glycemic Load:9.05, Inflammation Score:-5, Nutrition Score:18.879565135292%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 291.69kcal (14.58%), Fat: 7.44g (11.44%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 26.48g (9.63%), Sugar: 4.43g (4.93%), Cholesterol: 56.7mg (18.9%), Sodium: 551.35mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.96%), Vitamin B1: 0.88mg (58.82%), Vitamin B3: 11.7mg (58.52%), Selenium: 36.25µg (51.78%), Vitamin B6: 0.77mg (38.55%), Vitamin B2: 0.61mg

(35.89%), Phosphorus: 332.49mg (33.25%), Iron: 3.18mg (17.65%), Manganese: 0.32mg (16.04%), Potassium: 522.86mg (14.94%), Zinc: 2.21mg (14.75%), Vitamin B12: 0.82µg (13.7%), Folate: 50.55µg (12.64%), Vitamin B5: 1.06mg (10.57%), Magnesium: 41.29mg (10.32%), Fiber: 2.44g (9.75%), Calcium: 93.53mg (9.35%), Copper: 0.17mg (8.27%), Vitamin A: 286.37IU (5.73%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.66mg (4.42%), Vitamin C: 3.32mg (4.02%)