



Slow-Cooker Southwestern Pork Burritos

READY IN



490 min.

SERVINGS



12

CALORIES



414 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)
- ☐ 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

- ☐
- 12 servings cheddar cheese fresh diced shredded sour assorted chopped (such as Cheddar cheese, cream, cilantro, lettuce, tomatoes)

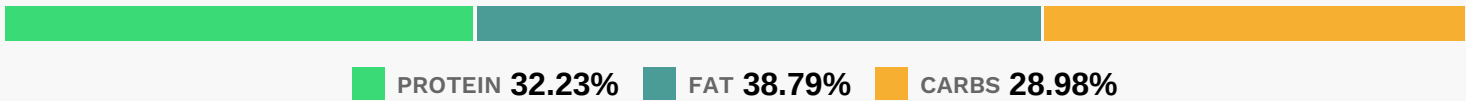
Equipment

- ☐ 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:15.69, Glycemic Load:9.24, Inflammation Score:-6, Nutrition Score:22.574347941772%

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: 414.09kcal (20.7%), Fat: 17.64g (27.13%), Saturated Fat: 8.29g (51.81%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.21g (9.9%), Sugar: 4.53g (5.04%), Cholesterol: 86.7mg (28.9%), Sodium: 747.55mg (32.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Selenium: 44.74µg (63.91%), Vitamin B1: 0.89mg (59.4%), Vitamin B3: 11.72mg (58.6%), Phosphorus: 469.89mg (46.99%), Vitamin B2: 0.74mg (43.67%), Vitamin B6: 0.79mg (39.58%), Calcium: 305.63mg (30.56%), Zinc: 3.31mg (22.09%), Vitamin B12: 1.14µg (19%), Iron: 3.22mg (17.91%), Manganese: 0.32mg (16.19%), Potassium: 545.96mg (15.6%), Folate: 56.85µg (14.21%), Magnesium: 49.39mg (12.35%), Vitamin B5: 1.18mg (11.81%), Vitamin A: 586.97IU (11.74%), Fiber: 2.44g (9.75%), Copper: 0.18mg (8.76%), Vitamin K: 6.25µg (5.95%), Vitamin E: 0.89mg (5.92%), Vitamin C: 3.32mg (4.02%), Vitamin D: 0.18µg (1.2%)