



Sweet Pork for Burritos

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



510 min.

SERVINGS



12

CALORIES



267 kcal

SIDE DISH

Ingredients

- 2 cups brown sugar
- 7 ounce to 2 chilies slit green chopped canned
- 3 pounds boston butt pork shoulder
- 2 cups salsa
- 1.3 ounce penzey's southwest seasoning
- 2 tablespoons taco seasoning

Equipment

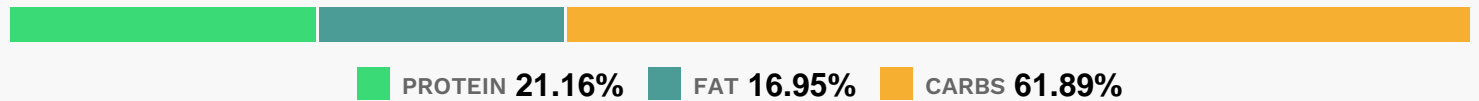
- blender

slow cooker

Directions

- Place pork roast in the crock of a slow cooker, and add 4 cups water. Cook on High for 5 hours.
- Remove pork from the slow cooker and drain liquid.
- Cut the pork into 4 pieces, and set aside. Puree salsa in blender.
- Combine the pureed salsa, cola, brown sugar, fajita seasoning, taco seasoning, and green chilies in the crock of the slow cooker.
- Add the pork, and cook on High for an additional 3 hours.
- Remove the pork, and shred with 2 forks.
- Serve.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:12.498695788176%

Nutrients (% of daily need)

Calories: 267.48kcal (13.37%), Fat: 5.15g (7.92%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 39.62g (14.41%), Sugar: 37.97g (42.19%), Cholesterol: 46.35mg (15.45%), Sodium: 436.54mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.46g (28.92%), Vitamin B1: 0.63mg (42.13%), Selenium: 21.37µg (30.53%), Vitamin B6: 0.41mg (20.48%), Vitamin K: 20.47µg (19.5%), Vitamin B3: 3.62mg (18.11%), Phosphorus: 159.5mg (15.95%), Zinc: 2.35mg (15.67%), Vitamin B2: 0.25mg (14.52%), Iron: 2.42mg (13.44%), Potassium: 434.25mg (12.41%), Manganese: 0.23mg (11.52%), Fiber: 2.68g (10.72%), Calcium: 100.17mg (10.02%), Vitamin B12: 0.58µg (9.68%), Magnesium: 32.43mg (8.11%), Vitamin B5: 0.73mg (7.32%), Vitamin E: 1.08mg (7.18%), Copper: 0.13mg (6.57%), Vitamin A: 302.27IU (6.05%), Vitamin C: 3.62mg (4.39%), Folate: 12.67µg (3.17%)