

Tex-Mex Pork



Gluten Free



Dairy Free

READY IN



620 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 2.5 pounds pork loin roast boneless trimmed
- ☐ 8 ounce tomato sauce canned
- ☐ 0.3 cup chili powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 8 ounce chile peppers diced green canned
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried

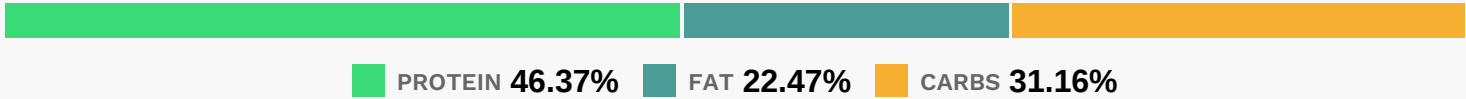
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ In a 3 quart or larger slow cooker, mix tomato sauce, barbeque sauce, onion, green chile peppers, chili powder, cumin, oregano, and cinnamon.
- ☐ Place pork in slow cooker, and spoon sauce over to coat. the meat.
- ☐ Cover, and cook on Low 8 to 10 hours, or until pork is tender.
- ☐ Remove pork to a cutting board. Using 2 forks, pull meat into shreds.
- ☐ Pour sauce into a serving dish; stir in cilantro and shredded pork.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:23.77478217042%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 289.69kcal (14.48%), Fat: 7.28g (11.21%), Saturated Fat: 2g (12.5%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 18.49g (6.73%), Sugar: 14.02g (15.58%), Cholesterol: 89.3mg (29.77%), Sodium: 807.36mg (35.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.62%), Vitamin B6: 1.34mg (66.77%), Selenium: 41.6µg (59.42%), Vitamin A: 2506.06IU (50.12%), Vitamin B3: 9.72mg (48.62%), Vitamin B1: 0.67mg (44.89%), Phosphorus: 365.16mg (36.52%), Potassium: 906.65mg (25.9%), Vitamin E: 3.78mg (25.21%), Vitamin B2: 0.39mg (22.88%), Zinc: 3.07mg (20.44%), Iron: 3.23mg (17.96%), Fiber: 4.23g (16.92%), Vitamin C: 13.26mg (16.07%), Magnesium: 61.17mg (15.29%), Vitamin K: 13.99µg (13.33%), Manganese: 0.26mg (13.24%), Vitamin B5: 1.32mg (13.17%), Vitamin B12:

0.72µg (12.05%), Copper: 0.23mg (11.3%), Calcium: 68.24mg (6.82%), Folate: 24.5µg (6.12%), Vitamin D: 0.57µg (3.78%)