



# Pulled Pork Tacos

*Crunchy, savoury and full of flavour, these tacos are sure to be a crowd pleaser. Pulled pork is tender enough to be shredded with a fork or “pulled” apart into pieces. Canadian pork provides many essential nutrients including high quality protein, iron, zinc and B vitamins. All raw fresh pork cuts qualify as ‘lean’ when trimmed of visible fat.*

**Prep: 10 minutes • Total: 4-6 hours**

## Ingredients:

Tortilla shells	8 small	8 small
Pork tenderloin	1 lb	450 g
Olive oil	1 Tbsp	15 mL
Clubhouse applewood smoked chicken or mesquite seasoning	2 tsp	10 mL
BBQ sauce	½ cup	125 mL
Water	½ cup	125 mL
Shredded cabbage or romaine lettuce	1 cup	250 mL
Red onion, sliced	½ each	½ each
Jalapeno, minced	1 each	1 each

## Directions:

1. Heat the oil in a large skillet to medium/high heat. Season pork tenderloin with pepper.
2. Sear the outside of the pork until all sides are browned.
3. Place pork in slow cooker with 2 tsp of applewood smoked seasoning.
4. Add water to slow cooker and turn on low for 6 hours or high for 3-4 hours.
5. Remove pork from slow cooker and shred into pieces in a medium sized bowl.
6. Add desired amount of BBQ sauce.
7. Layer pork with cabbage and top with onion and jalapeno in tortilla shells. Wrap/roll up tortilla shell and enjoy!

## Nutrition Facts

Serving Size (282g)  
Servings Per Container

Amount Per Serving

**Calories** 390      **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 80mg      **27%**

**Sodium** 700mg      **29%**

**Total Carbohydrate** 42g      **14%**

Dietary Fiber 3g      **12%**

Sugars 10g

**Protein** 36g

**Vitamin A** 4%      • **Vitamin C** 10%

**Calcium** 2%      • **Iron** 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Adapted from:**  
NutritionRx in partnership with  
Chef Lindsay Sferrazza

**Makes 4 servings ( 282 g / serving ) • 1 serving = 2 tacos**

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