

Slow Cooker Orange Pulled Pork Lettuce Wraps

11 ingredients · 6 hours · 10 servings



Directions

1. Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined.
2. Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or on high for four hours, or until the pork is tender and falls apart easily.
3. Use two forks to pull apart the pork. Stuff the lettuce wraps with the pulled pork and garnish with green onions. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately six ounces of pulled pork in lettuce.

More Flavor

Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tsps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless
- 10 leaves Romaine
- 3 stalks Green Onion (sliced)

Nutrition

Amount per serving

Calories	346	Calcium	36mg
Fat	17g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	1.2mg
Monounsaturated	11g	Riboflavin	0.9mg
Carbs	4g	Niacin	18mg
Fiber	1g	Vitamin B6	1.4mg
Sugar	2g	Folate	47µg
Protein	42g	Vitamin B12	1.6µg

Cholesterol	109mg	Phosphorous	434mg
Sodium	103mg	Magnesium	57mg
Potassium	828mg	Zinc	4mg
Vitamin A	2762IU	Selenium	47µg
Vitamin C	13mg		