

# Puerto Rico Pulled Pork | Keto Crock Pot

Yield: 8 min  
Total Time: 435 min

Recipe from: <https://www.recipeschoose.com/recipes/pastelitos-recipe-puerto-rico>

## Ingredients:

- 3 pounds boneless pork loin roast
- 2 teaspoons salt
- 4 cloves garlic
- 2 teaspoons ground black pepper
- onion 1 large, quartered
- olive oil
- 2 tablespoons fresh oregano chopped
- 1 tablespoon white wine vinegar
- 1 tablespoon ground cumin
- 1 lime cut into wedges
- 2 teaspoons ancho chile ground

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 110 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 4 grams
8. Sodium: 670 milligrams
9. Sugar: 1 grams

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