



5-Ingredient Slow-Cooker Pulled Pork

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 oz condensed chicken broth canned
- ☐ 1 teaspoon kosher salt
- ☐ 5 lb pork shoulder roast boneless (Boston butt)
- ☐ 2 tablespoons garlic-oregano-red pepper seasoning blend
- ☐ 2 large onions sweet cut into 1/2-inch slices

Equipment

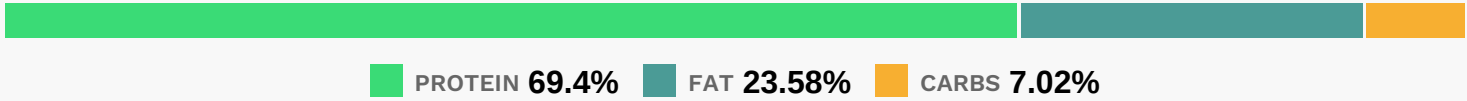
- ☐ bowl
- ☐ oven

- ☐ grill
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Place onions in a lightly greased 6-qt. slow cooker. Rub roast with seasoning blend and salt; place roast on onions.
- ☐ Pour broth over roast. Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.
- ☐ Transfer roast to a cutting board or serving platter; shred with 2 forks, removing any large pieces of fat.
- ☐ Remove onions with a slotted spoon, and serve with pork. (Reserve 4 cups shredded pork for Pork Noodle Bowls and Pulled Pork Nachos, if desired.)
- ☐ Note: We tested with McCormick Grill Mates Backyard Brick Oven Seasoning.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:28.926521432141%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

Nutrients (% of daily need)

Calories: 311.48kcal (15.57%), Fat: 7.83g (12.05%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.53g (3.92%), Cholesterol: 136.67mg (45.56%), Sodium: 470.82mg (20.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.86g (103.72%), Vitamin B3: 21.95mg (109.74%), Vitamin B1: 1.5mg (99.82%), Vitamin B6: 1.73mg (86.45%), Selenium: 58.97µg (84.24%), Vitamin B2: 1.09mg (63.94%),

Phosphorus: 538.91mg (53.89%), Vitamin B12: 1.98µg (32.98%), Zinc: 4.53mg (30.23%), Potassium: 945.4mg (27.01%), Vitamin B5: 2.3mg (23.01%), Magnesium: 65.45mg (16.36%), Iron: 2.22mg (12.34%), Copper: 0.21mg (10.72%), Vitamin C: 5.56mg (6.74%), Manganese: 0.1mg (4.92%), Folate: 16.08µg (4.02%), Calcium: 30.58mg (3.06%), Fiber: 0.63g (2.54%), Vitamin E: 0.24mg (1.57%), Vitamin A: 59.49IU (1.19%)