

Barbecue Pork On Buns

 Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

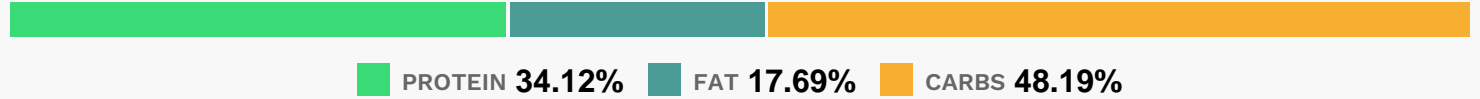
- 0.8 cup barbecue sauce
- 2 pound pork loin boneless
- 0.8 cup coca-cola
- 1 onion chopped
- 8 sandwich rolls

Equipment

Directions

- Combine all ingredients except buns in a 4-quart slow-cooker; cook, covered, on high for 5–6 hours, until very tender.
- Drain and slice or shred pork; serve on buns with additional barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:18.484347776226%

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: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 376.5kcal (18.82%), Fat: 7.24g (11.14%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 42.59g (15.49%), Sugar: 12.48g (13.86%), Cholesterol: 71.44mg (23.81%), Sodium: 643.25mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Selenium: 54.14µg (77.34%), Vitamin B1: 0.79mg (52.49%), Vitamin B6: 0.91mg (45.64%), Vitamin B3: 9.11mg (45.54%), Phosphorus: 323.71mg (32.37%), Vitamin B2: 0.42mg (24.84%), Zinc: 2.65mg (17.67%), Potassium: 568.39mg (16.24%), Manganese: 0.32mg (16.11%), Iron: 2.71mg (15.04%), Folate: 57.3µg (14.32%), Magnesium: 49.73mg (12.43%), Vitamin B5: 1.14mg (11.39%), Vitamin B12: 0.58µg (9.64%), Copper: 0.18mg (9.18%), Calcium: 72.27mg (7.23%), Fiber: 1.79g (7.14%), Vitamin E: 0.6mg (4.03%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.18mg (1.43%), Vitamin A: 60.33IU (1.21%)