



Barbecue Pork Sandwiches

 Dairy Free

READY IN



560 min.

SERVINGS



12

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons barbecue seasoning divided
- 1 teaspoon pepper black
- 0.3 cup brown sugar
- 15 oz canned tomatoes diced canned
- 0.3 cup cider vinegar
- 5 lb pork loin center rib roast bone-in
- 2 teaspoons pepper dried red crushed
- 1.5 teaspoons salt divided

- 2 tablespoons spicy brown mustard
- 12 multigrain buns
- 0.3 cup no-salt-added tomato paste
- 1 tablespoon worcestershire sauce

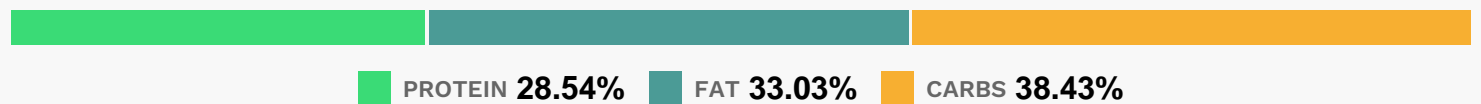
Equipment

- slow cooker

Directions

- Combine 1 Tbsp. barbecue seasoning and 1 tsp. salt; rub evenly over pork roast.
- Stir together tomatoes, next 7 ingredients, remaining 1 Tbsp. barbecue seasoning, and remaining 1/2 tsp. salt in a 5-quart slow cooker.
- Add roast; cover and cook on LOW 9 hours or until meat shreds easily.
- Remove roast; remove and discard bone. Shred meat using the tines of 2 forks. Return to slow cooker, and stir together with sauce; spoon over multigrain buns.
- Serve with pickles, if desired.
- Note: For testing purposes only, we used Chef Paul Prudhomme's Magic Barbecue Seasoning.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:24.1, Inflammation Score:-4, Nutrition Score:20.665217638016%

Nutrients (% of daily need)

Calories: 451.42kcal (22.57%), Fat: 16.42g (25.26%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 40.48g (14.72%), Sugar: 11.31g (12.56%), Cholesterol: 72.35mg (24.12%), Sodium: 796.65mg (34.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Iron: 13.12mg (72.87%), Selenium: 45.96µg (65.65%), Vitamin B6: 0.96mg (47.96%), Vitamin B3: 8.64mg (43.2%), Vitamin B1: 0.61mg (40.79%), Phosphorus: 278.83mg (27.88%), Vitamin K: 23.03µg (21.93%), Potassium: 631.2mg (18.03%), Zinc: 2.55mg (17.03%), Manganese: 0.32mg (15.89%), Vitamin B2: 0.26mg (15.25%), Magnesium: 46.51mg (11.63%), Vitamin B12: 0.67µg (11.23%), Fiber: 2.51g (10.02%), Copper: 0.2mg (9.99%), Vitamin B5: 0.99mg (9.9%), Calcium: 85.51mg (8.55%), Vitamin A: 336.91IU (6.74%), Vitamin E: 1mg (6.66%), Vitamin C: 4.95mg (6%), Vitamin D: 0.87µg (5.82%), Folate:

9.12µg (2.28%)