



Barbecued-Pork Sliders

 Dairy Free

READY IN



365 min.

SERVINGS



20

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 tablespoons chili powder
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 cup t brown sugar dark packed
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 24 small dinner rolls
- ☐ 1 teaspoon thyme dried
- ☐ 1 tablespoon ground mustard dry

- ☐ 1 tablespoon garlic powder
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 teaspoon mustard dried
- ☐ 1 tablespoon onion powder
- ☐ 2 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 4 lb roasted
- ☐ 1 onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 20 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 6 oz canned tomatoes canned
- ☐ 0.5 cup vinegar white
- ☐ 3 teaspoons worcestershire sauce

Equipment

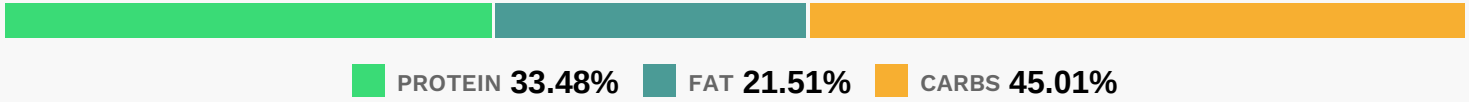
- ☐ plastic wrap
- ☐ slow cooker

Directions

- ☐ Combine all ingredients and rub all over meat.
- ☐ Place pork on a large plate, cover with plastic wrap and refrigerate for 8 hours or overnight.
- ☐ Combine all ingredients in slow cooker, place pork on top and cook on high for 5 1/2 hours, until meat is tender and can be shredded easily with a fork.
- ☐ Make pickled onion: Stir sugar and salt into vinegar until dissolved; stir in onion. Cover and refrigerate for 2 to 3 hours, stirring occasionally.
- ☐ Remove pork from slow cooker.

- ☐ Remove 2 cups of sauce. Shred meat. Stir pork back into slow cooker, cover and cook for 15 minutes.
- ☐ To serve, split rolls, top with meat and pickled onion.
- ☐ Serve, passing reserved sauce separately.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:17.870869657268%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 306.77kcal (15.34%), Fat: 7.28g (11.19%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 31.2g (11.35%), Sugar: 8.83g (9.81%), Cholesterol: 57.15mg (19.05%), Sodium: 664.09mg (28.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.97%), Selenium: 43.52µg (62.17%), Vitamin B1: 0.65mg (43.55%), Vitamin B6: 0.81mg (40.29%), Vitamin B3: 7.62mg (38.08%), Manganese: 0.64mg (31.89%), Phosphorus: 277mg (27.7%), Vitamin B2: 0.34mg (19.73%), Iron: 2.94mg (16.34%), Zinc: 2.26mg (15.06%), Potassium: 509.28mg (14.55%), Magnesium: 51.09mg (12.77%), Fiber: 3.05g (12.21%), Calcium: 117.6mg (11.76%), Vitamin B5: 0.95mg (9.46%), Folate: 37.69µg (9.42%), Copper: 0.18mg (8.89%), Vitamin C: 7.09mg (8.59%), Vitamin A: 416.32IU (8.33%), Vitamin B12: 0.46µg (7.71%), Vitamin E: 0.83mg (5.51%), Vitamin K: 4.83µg (4.6%), Vitamin D: 0.36µg (2.42%)