



BBQ Pulled Pork Sandwich with Slaw



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bbq sauce
- ☐ 2 cups coleslaw
- ☐ 3 pound pork butt
- ☐ 4 buns

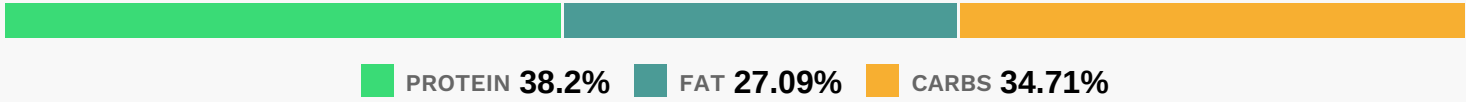
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Put the pork in the slow cooker, pour 1/2 cup of the bbq sauce over it and cook on low heat for 8 hours.
- ☐ Remove the pork from the slow cooker and let cool.
- ☐ Meanwhile, skim the fat from the juices, place the juices in a sauce pan and simmer to reduce.
- ☐ Mix as much of the juices as you want into the remaining bbq sauce.
- ☐ When the pork is cool enough to work with, shred it with a pair of forks.
- ☐ Mix the pulled pork bbq sauce.
- ☐ Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:23.47, Inflammation Score:-5, Nutrition Score:42.428260627%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 754.03kcal (37.7%), Fat: 22.11g (34.02%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 61.14g (22.23%), Sugar: 29.19g (32.43%), Cholesterol: 204.12mg (68.04%), Sodium: 1256.4mg (54.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.15g (140.3%), Selenium: 96.97µg (138.53%), Vitamin B1: 1.94mg (129.07%), Vitamin B6: 1.87mg (93.47%), Iron: 15.35mg (85.3%), Vitamin B2: 1.36mg (80.02%), Zinc: 11.62mg (77.43%), Vitamin B3: 15.43mg (77.17%), Phosphorus: 710.59mg (71.06%), Vitamin B5: 5.52mg (55.22%), Vitamin B12: 3.1µg (51.6%), Potassium: 1378.64mg (39.39%), Vitamin K: 27.89µg (26.56%), Magnesium: 88.34mg (22.08%), Copper: 0.41mg (20.26%), Vitamin C: 13.24mg (16.05%), Vitamin D: 2.04µg (13.61%), Fiber: 2.58g (10.33%), Vitamin E: 1.44mg (9.61%), Manganese: 0.19mg (9.52%), Calcium: 91.61mg (9.16%), Folate: 16.48µg (4.12%), Vitamin A: 194.46IU (3.89%)