



## Campbell's® Slow-Cooked Pulled Pork Sandwiches

 Dairy Free

READY IN



505 min.

SERVINGS



12

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons brown sugar packed
- 0.3 cup apple cider vinegar
- 10.5 ounce campbell's® condensed onion soup french canned
- 12 hawaiian rolls split
- 1 cup catsup
- 3.5 pounds pork shoulder boneless
- 1 tablespoon vegetable oil

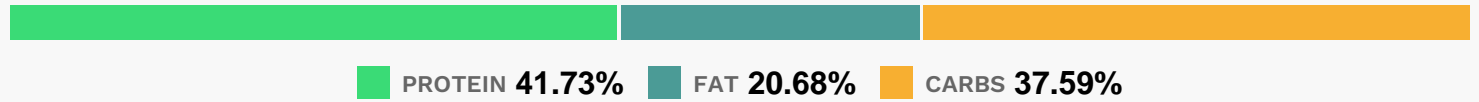
## Equipment

- frying pan
- slow cooker
- cutting board

## Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork and cook until it's well browned on all sides.
- Stir the soup, ketchup, vinegar and brown sugar in a 5-quart slow cooker.
- Add the pork and turn to coat.
- Cover and cook on LOW for 8 to 9 hours\* or until the pork is fork-tender.
- Remove the pork from the cooker to a cutting board and let stand for 10 minutes. Using 2 forks, shred the pork. Return the pork to the cooker.
- Divide the pork and sauce mixture among the rolls.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:12.9, Inflammation Score:-4, Nutrition Score:21.870000087697%

## Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 339.58kcal (16.98%), Fat: 7.63g (11.74%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 30.16g (10.97%), Sugar: 11.1g (12.34%), Cholesterol: 80.37mg (26.79%), Sodium: 594.35mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Vitamin B3: 14.79mg (73.95%), Vitamin B1: 1.09mg (72.6%), Selenium: 46.01µg (65.73%), Vitamin B6: 1.02mg (50.76%), Vitamin B2: 0.78mg (45.65%), Phosphorus: 352.11mg (35.21%), Potassium: 726.51mg (20.76%), Vitamin B12: 1.24µg (20.62%), Zinc: 2.93mg (19.54%), Iron: 2.75mg (15.3%), Manganese: 0.29mg (14.52%), Vitamin B5: 1.31mg (13.13%), Magnesium: 47.41mg (11.85%), Folate: 42.25µg (10.56%), Copper: 0.17mg (8.31%), Calcium: 80.99mg (8.1%), Vitamin K: 4.75µg

(4.52%), Fiber: 1.03g (4.13%), Vitamin E: 0.61mg (4.04%), Vitamin A: 103.03IU (2.06%), Vitamin C: 1.38mg (1.67%)