



## Carolina-Style Slow-Cooker BBQ Pulled Pork

 Gluten Free  Dairy Free  Low Fod Map

READY IN



490 min.

SERVINGS



10

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18.6 oz heinz bbq sauce carolina tangy vinegar style
- 3 lb boston butt pork shoulder boneless
- 0.3 cup brown sugar packed
- 0.5 tsp paprika

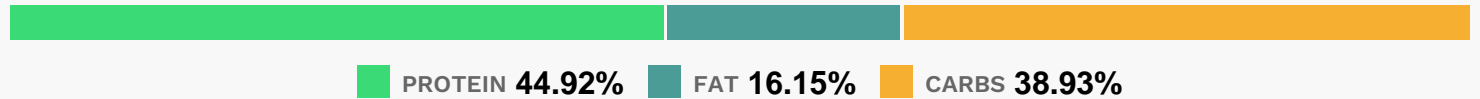
### Equipment

- slow cooker

## Directions

- Place meat in slow cooker sprayed with cooking spray.
- Mix remaining ingredients until blended; pour over meat. Cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours).
- Remove meat from slow cooker; pull into shreds. Return to slow cooker; stir to evenly coat meat with sauce.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.118695555822%

## Nutrients (% of daily need)

Calories: 284.74kcal (14.24%), Fat: 4.97g (7.65%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 26.46g (9.62%), Sugar: 22.85g (25.39%), Cholesterol: 81.65mg (27.22%), Sodium: 618.22mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.25%), Vitamin B3: 13.4mg (66.99%), Vitamin B1: 0.89mg (59.35%), Vitamin B6: 1.03mg (51.34%), Selenium: 35.87µg (51.24%), Vitamin B2: 0.66mg (39.04%), Phosphorus: 322.75mg (32.27%), Vitamin B12: 1.18µg (19.73%), Potassium: 646.64mg (18.48%), Zinc: 2.75mg (18.33%), Vitamin B5: 1.43mg (14.33%), Magnesium: 42.93mg (10.73%), Iron: 1.61mg (8.96%), Copper: 0.14mg (7.24%), Manganese: 0.09mg (4.54%), Vitamin E: 0.56mg (3.76%), Vitamin A: 174.76IU (3.5%), Calcium: 31.75mg (3.18%), Fiber: 0.51g (2.06%)