



Debate Barbecue Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 3 pound pork loin roast boneless trimmed
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 20 servings coleslaw
- ☐ 20 servings hamburger buns
- ☐ 1 tablespoons hot sauce
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 1 cup water
- ☐ 2 tablespoons worcestershire sauce

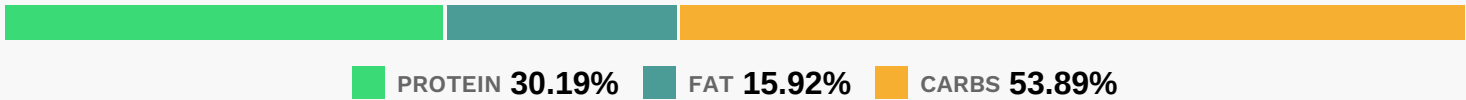
Equipment

- ☐ slow cooker

Directions

- ☐ Place roast in a 4-quart slow cooker; add 1 cup water.
- ☐ Cook, covered, at HIGH 7 hours or until meat is tender; stir with a fork, shredding meat.
- ☐ Add barbecue sauce and next 5 ingredients; reduce setting to LOW, and cook, covered, 1 hour.
- ☐ Serve barbecue on buns with coleslaw.

Nutrition Facts



Properties

Glycemic Index:6.9, Glycemic Load:12.9, Inflammation Score:-3, Nutrition Score:12.286086891008%

Nutrients (% of daily need)

Calories: 266kcal (13.3%), Fat: 4.61g (7.09%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 34.05g (12.38%), Sugar: 14.48g (16.09%), Cholesterol: 42.86mg (14.29%), Sodium: 665.67mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.35%), Selenium: 30.92µg (44.18%), Vitamin B1: 0.54mg (36.19%), Vitamin B3: 5.88mg (29.39%), Vitamin B6: 0.56mg (28.18%), Phosphorus: 203.24mg (20.32%), Vitamin B2: 0.27mg (16.03%), Manganese: 0.29mg (14.57%), Iron: 2.13mg (11.85%), Potassium: 387.37mg (11.07%), Zinc: 1.59mg (10.61%), Folate: 41.58µg (10.39%), Magnesium: 31.81mg (7.95%), Calcium: 79.17mg (7.92%), Vitamin B12: 0.43µg (7.22%), Copper: 0.11mg (5.65%), Vitamin B5: 0.56mg (5.57%), Fiber: 1.06g (4.22%), Vitamin K: 3.48µg (3.31%), Vitamin E: 0.41mg (2.76%), Vitamin C: 1.79mg (2.16%), Vitamin D: 0.27µg (1.81%), Vitamin A: 61.51IU (1.23%)