



Easy Slow Cooker Pulled Pork

 Vegetarian  Gluten Free  Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups barbecue sauce
- 1 tablespoon chili powder
- 1 tablespoon t brown sugar dark packed
- 4 medium garlic clove thinly sliced
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 1 tablespoon kosher salt as needed plus more
- 1 cup chicken broth low-sodium

2 medium onion yellow thinly sliced

Equipment

bowl

paper towels

sieve

slow cooker

cutting board

Directions

- Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth.
- Combine the sugar, chili powder, measured salt, cumin, and cinnamon in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low. Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl.
- Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside. If the pork has a bone, remove and discard it. Using 2 forks, shred the meat into bite-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the barbecue sauce, if using, and mix to combine. If you're not using barbecue sauce, use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add 1/4 cup of the liquid at a time to the slow cooker until the pork is just moistened. Taste and season with salt as needed.

Nutrition Facts



PROTEIN 4.53% **FAT 4.9%** **CARBS 90.57%**

Properties

Glycemic Index:11.17, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:5.2973912669265%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 200.1kcal (10.01%), Fat: 1.11g (1.71%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 44.17g (16.06%), Sugar: 35.32g (39.24%), Cholesterol: 0mg (0%), Sodium: 2181mg (94.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Manganese: 0.25mg (12.4%), Vitamin A: 612.16IU (12.24%), Potassium: 348.79mg (9.97%), Vitamin B6: 0.17mg (8.69%), Vitamin E: 1.29mg (8.58%), Fiber: 2.05g (8.2%), Vitamin B3: 1.33mg (6.65%), Iron: 1.18mg (6.53%), Copper: 0.13mg (6.29%), Calcium: 54.25mg (5.43%), Vitamin B2: 0.09mg (5.32%), Magnesium: 19.81mg (4.95%), Phosphorus: 49.53mg (4.95%), Vitamin C: 3.93mg (4.77%), Vitamin K: 3.34µg (3.18%), Vitamin B1: 0.05mg (3.15%), Selenium: 2.02µg (2.88%), Zinc: 0.36mg (2.38%), Folate: 9.35µg (2.34%), Vitamin B5: 0.23mg (2.28%)