



 **33%**
HEALTH SCORE

Easy Slow Cooker Pulled Pork

 **Gluten Free**  **Dairy Free**

READY IN



370 min.

SERVINGS



10

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chiles in adobo sauce
- 2 teaspoons cajun spice
- 0.5 cup cilantro leaves fresh
- 3 cloves garlic
- 16 ounce golden kiwi undrained
- 3 pound boston butt pork shoulder
- 10 servings water as needed
- 1 onion yellow chopped

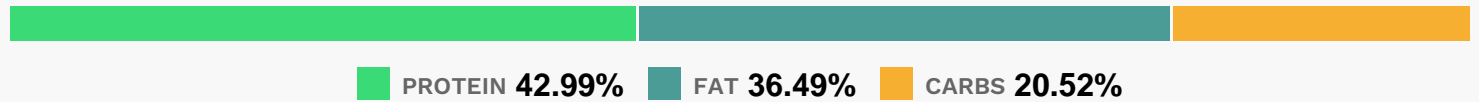
Equipment

slow cooker

Directions

- Rub the Cajun seasoning into the pork shoulder; place in the bottom of a slow cooker.
- Pour the pepperoncini with the juice, and the adobo sauce over the pork. Top with the onion, garlic, and cilantro.
- Pour enough water into the slow cooker to cover the bottom half of the pork shoulder.
- Cook on Low until the meat begins to fall apart, 6 to 8 hours. Shred meat with two forks inside the slow cooker before serving.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.95, Inflammation Score:-5, Nutrition Score:14.32869558749%

Flavonoids

Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 158.92kcal (7.95%), Fat: 6.41g (9.86%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.37g (2.31%), Sugar: 4.62g (5.14%), Cholesterol: 55.62mg (18.54%), Sodium: 249.94mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Vitamin B1: 0.76mg (50.34%), Vitamin C: 35.92mg (43.54%), Selenium: 24.82µg (35.46%), Vitamin B6: 0.41mg (20.31%), Vitamin K: 21.22µg (20.21%), Phosphorus: 189.68mg (18.97%), Vitamin B3: 3.79mg (18.95%), Zinc: 2.75mg (18.31%), Vitamin B2: 0.28mg (16.62%), Potassium: 407.69mg (11.65%), Vitamin B12: 0.7µg (11.62%), Copper: 0.19mg (9.55%), Vitamin B5: 0.8mg (7.99%), Magnesium: 29.53mg (7.38%), Iron: 1.29mg (7.17%), Fiber: 1.74g (6.97%), Vitamin A: 297.93IU (5.96%), Vitamin E: 0.76mg (5.04%), Folate: 18.84µg (4.71%), Manganese: 0.09mg (4.67%), Calcium: 41.44mg (4.14%)