



Easy Southern-Style Pork Barbecue

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings barbecue sauce
- ☐ 1 tablespoon satay sauce
- ☐ 6 servings bell pepper to taste
- ☐ 3 pound roasted
- ☐ 6 sandwich rolls split
- ☐ 0.3 cup water

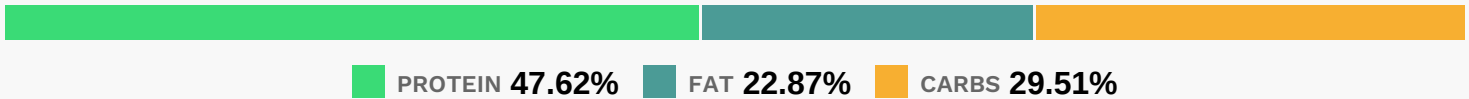
Equipment

- ☐ slow cooker

Directions

- ☐ Place pork roast in a 4- to 5-quart slow cooker.
- ☐ Add water; sprinkle evenly with cooking sauce and pepper to taste. Cover and cook on high one hour and then on low 6 to 8 hours.
- ☐ Remove roast from slow cooker; shred meat and pull from the bone with a fork.
- ☐ Place meat on buns; top withbarbecue sauce and a scoop of coleslaw, if desired.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:36.834782527841%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 493.99kcal (24.7%), Fat: 12.24g (18.83%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 32.63g (11.87%), Sugar: 4.9g (5.45%), Cholesterol: 142.88mg (47.63%), Sodium: 469.78mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.31g (114.63%), Selenium: 85.2µg (121.71%), Vitamin C: 95.37mg (115.6%), Vitamin B6: 1.95mg (97.49%), Vitamin B1: 1.32mg (87.84%), Vitamin B3: 16.18mg (80.91%), Phosphorus: 586.86mg (58.69%), Vitamin A: 2334.83IU (46.7%), Vitamin B2: 0.68mg (39.97%), Zinc: 4.81mg (32.05%), Potassium: 1069.29mg (30.55%), Folate: 88.44µg (22.11%), Vitamin B5: 2.16mg (21.61%), Magnesium: 83.53mg (20.88%), Vitamin B12: 1.16µg (19.28%), Iron: 3.42mg (19.01%), Manganese: 0.36mg (18.14%), Copper: 0.24mg (11.97%), Fiber: 2.88g (11.54%), Vitamin E: 1.72mg (11.46%), Calcium: 71.33mg (7.13%), Vitamin D: 0.91µg (6.05%), Vitamin K: 4.01µg (3.82%)