

DINNER

Eaton's Easy Pulled Pork

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
495 min	15 min	480 min	10	\$2.53	485 kcal

Eaton's Easy Pulled Pork might be just the main course you are searching for. This recipe serves 10 and costs \$2.53 per serving. Watching your figure? This gluten free and dairy free recipe has 693 calories, 46g of protein, and 8g of fat per serving.

Ingredients

- ☐ 3 tablespoons brown sugar, or to taste
- ☐ 18 ounce 1/2 hickory brown sugar barbeque sauce
- ☐ 3/4 cup cider vinegar
- ☐ 10 servings salt and ground black pepper to taste
- ☐ 1 onion, thinly sliced
- ☐ 4½ pounds bone-in pork loin end roast
- ☐ 1/4 cup water

EQUIPMENT Slow cooker

Method

- 1

Arrange onion slices in the bottom of a slow cooker. Season pork with salt and pepper and place over onion.
- 2

Add vinegar and water.
- 3

Cook pork on Low for 8 hours.
- 4

Transfer pork to a platter and shred with two forks.

- 5 Remove and discard about half the pork juices from slow cooker and stir in shredded pork, barbeque sauce, and brown sugar.

Nutrition per serving

485	46 g	8 g	55 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.6 g · 16% of daily needs
Sugar			53.5 g · 59% of daily needs
Sodium			117 mg · 5% of daily needs
Cholesterol			129 mg · 43% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/eatons-easy-pulled-pork-148612