



## Hickory Slow-Cooker Pulled Pork Sandwiches

READY IN



490 min.

SERVINGS



10

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup hickory smoke barbecue sauce kraft
- 2 lb boston butt pork shoulder boneless
- 8 singles kraft
- 1 oz env. onion soup mix
- 2 small onions sliced
- 8 sandwich buns split

### Equipment

- slow cooker

## Directions

- Place meat in slow cooker; top with soup mix, onions and barbecue sauce. Cover with lid. Cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours).
- Remove meat from slow cooker; cut off and discard excess fat. Chop meat into small pieces or shred with fork. Return to slow cooker; stir until evenly coated with sauce.
- Fill rolls with meat mixture and Singles just before serving.

## Nutrition Facts

**PROTEIN 33.64%** **FAT 15.46%** **CARBS 50.9%**

## Properties

Glycemic Index:2.7, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:17.605217438677%

## Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Nutrients (% of daily need)

Calories: 313.1kcal (15.66%), Fat: 5.26g (8.09%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 37.21g (13.53%), Sugar: 11.08g (12.31%), Cholesterol: 54.56mg (18.19%), Sodium: 830.25mg (36.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.74g (51.49%), Selenium: 41.82µg (59.74%), Vitamin B1: 0.82mg (54.94%), Vitamin B3: 10.87mg (54.36%), Vitamin B6: 0.73mg (36.28%), Vitamin B2: 0.6mg (35.58%), Phosphorus: 276.49mg (27.65%), Zinc: 2.32mg (15.48%), Manganese: 0.3mg (14.77%), Potassium: 501.28mg (14.32%), Iron: 2.55mg (14.17%), Vitamin B12: 0.79µg (13.15%), Vitamin B5: 1.17mg (11.66%), Folate: 46.55µg (11.64%), Magnesium: 42.72mg (10.68%), Copper: 0.18mg (8.97%), Calcium: 72.08mg (7.21%), Fiber: 1.73g (6.93%), Vitamin E: 0.5mg (3.33%), Vitamin A: 82.1IU (1.64%), Vitamin C: 1.31mg (1.58%)