



Kalua Pig in a Slow Cooker

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1210 min.

SERVINGS



12

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon liquid smoke
- 6 pound pork butt
- 1.5 tablespoons sea salt

Equipment

- slow cooker
- carving fork

Directions

- Pierce pork all over with a carving fork. Rub salt then liquid smoke over meat.
- Place roast in a slow cooker.
- Cover, and cook on Low for 16 to 20 hours, turning once during cooking time.
- Remove meat from slow cooker, and shred, adding drippings as needed to moisten.

Nutrition Facts

PROTEIN 59.31% **FAT 40.69%** **CARBS 0%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:25.265217796616%

Nutrients (% of daily need)

Calories: 299.37kcal (14.97%), Fat: 12.95g (19.92%), Saturated Fat: 4.53g (28.32%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 136.08mg (45.36%), Sodium: 1022.25mg (44.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.96%), Selenium: 63.96µg (91.37%), Vitamin B1: 1.27mg (84.37%), Vitamin B6: 1.18mg (59.08%), Vitamin B2: 0.87mg (51.23%), Zinc: 7.62mg (50.82%), Vitamin B3: 9.95mg (49.75%), Phosphorus: 458.13mg (45.81%), Vitamin B5: 3.55mg (35.54%), Vitamin B12: 2.06µg (34.4%), Potassium: 769.02mg (21.97%), Iron: 2.73mg (15.16%), Magnesium: 49.92mg (12.48%), Copper: 0.23mg (11.6%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.54mg (3.63%), Calcium: 32.29mg (3.23%), Manganese: 0.03mg (1.59%)