



## Kay Kay's Pulled Pork



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



10

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon cayenne pepper
- ☐ 1 dash garlic powder
- ☐ 1 tablespoon ground pepper black
- ☐ 1 dash onion powder
- ☐ 1 tablespoon paprika
- ☐ 4 pound pork shoulder roast (butt roast)

- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar white

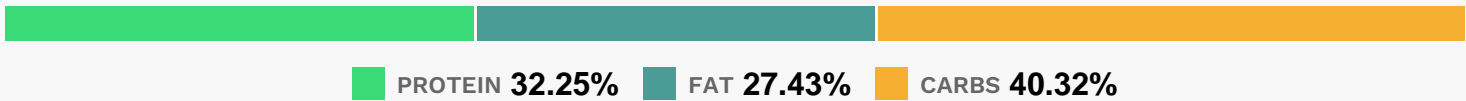
## Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ slow cooker

## Directions

- ☐ Combine brown sugar, salt, paprika, black pepper, cayenne pepper, white sugar, garlic powder, and onion powder in a bowl until evenly mixed. Rub spice mixture over pork. Cover pork with plastic wrap and refrigerate at least 1 hour, preferably overnight.
- ☐ Place the pork into a slow cooker and add enough water to just cover the pork. Cover and cook on High for 4 hours or on Low for 6 to 8 hours.
- ☐ Transfer pork to a large bowl and shred with 2 forks; discard any bone, skin, and excess fat.
- ☐ Drain and reserve cooking liquid from the slow cooker. Return shredded pork to the slow cooker and stir in barbeque sauce.
- ☐ Reduce heat to Low and cook for 2 more hours.
- ☐ Add enough reserved cooking liquid to moisten the pork to taste.

## Nutrition Facts



## Properties

Glycemic Index:15.41, Glycemic Load:1.82, Inflammation Score:-5, Nutrition Score:15.143478129221%

## Nutrients (% of daily need)

Calories: 279.94kcal (14%), Fat: 8.43g (12.97%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 26.87g (9.77%), Sugar: 22.96g (25.52%), Cholesterol: 74.15mg (24.72%), Sodium: 1309.22mg (56.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.59%), Vitamin B1: 1mg (66.35%), Selenium: 33.51µg (47.87%), Vitamin B6: 0.53mg (26.45%), Vitamin B3: 5.16mg (25.81%), Zinc: 3.62mg (24.13%), Phosphorus: 238.89mg (23.89%), Vitamin B2: 0.39mg (23%), Vitamin B12: 0.93µg (15.49%), Potassium: 535.88mg (15.31%),

Vitamin A: 677.06IU (13.54%), Iron: 1.96mg (10.88%), Vitamin B5: 1.02mg (10.25%), Manganese: 0.18mg (9.04%), Magnesium: 33.37mg (8.34%), Copper: 0.16mg (8.1%), Vitamin E: 0.77mg (5.12%), Calcium: 41.17mg (4.12%), Fiber: 1.01g (4.03%), Vitamin K: 2.87µg (2.73%), Vitamin C: 1.6mg (1.94%), Folate: 7.63µg (1.91%)