



Meat Filling



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



112 kcal

SIDE DISH

Ingredients

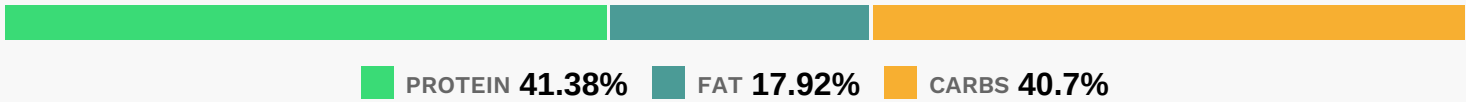
- ☐ 0.8 cup barbecue sauce
- ☐ 10 oz canned tomatoes diced green drained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon onion powder
- ☐ 17 oz pork roast au jus fully cooked
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Rinse and drain au jus from pork roast. Shred and chop pork.
- ☐ Stir together pork and remaining ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:6.9986956896989%

Nutrients (% of daily need)

Calories: 112.14kcal (5.61%), Fat: 2.22g (3.42%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 10.46g (3.81%), Sugar: 8.41g (9.35%), Cholesterol: 30.36mg (10.12%), Sodium: 343.74mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Vitamin B6: 0.44mg (21.78%), Selenium: 13.95µg (19.93%), Vitamin B3: 3.28mg (16.39%), Vitamin B1: 0.24mg (16.18%), Phosphorus: 124.58mg (12.46%), Potassium: 324.55mg (9.27%), Vitamin B2: 0.12mg (7.07%), Zinc: 1.01mg (6.73%), Magnesium: 21.9mg (5.47%), Copper: 0.1mg (5.02%), Vitamin B5: 0.48mg (4.79%), Manganese: 0.09mg (4.67%), Vitamin E: 0.7mg (4.65%), Iron: 0.83mg (4.63%), Vitamin A: 209.91IU (4.2%), Vitamin B12: 0.25µg (4.1%), Fiber: 0.89g (3.54%), Vitamin C: 2.87mg (3.47%), Calcium: 20.98mg (2.1%), Vitamin K: 2.19µg (2.09%), Vitamin D: 0.19µg (1.29%), Folate: 4.55µg (1.14%)