



Memphis Pulled Pork



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



10

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 0.3 cup brown sugar
- ☐ 28 ounce beef broth canned
- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons cornstarch
- ☐ 6 cloves garlic peeled
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion thinly sliced

- ☐ 4 pound boston butt pork shoulder roast
- ☐ 3 tablespoons water

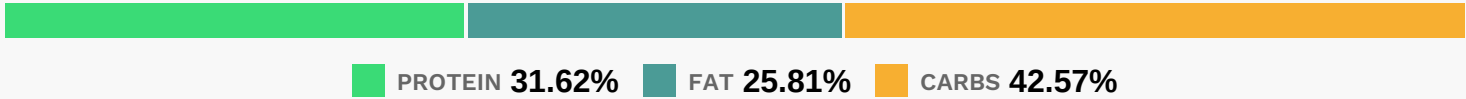
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Spread onion slices and garlic cloves in the bottom of a slow cooker; stir in beef broth, barbeque sauce, brown sugar, cider vinegar, and pepper.
- ☐ Add pork roast.
- ☐ Cover and cook on Low for 6 to 8 hours.
- ☐ Remove pork from slow cooker. Strain juices and return to the slow cooker.
- ☐ Mix water and cornstarch in a bowl; stir into juices until sauce is thickened.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:14.920869438545%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 300.1kcal (15%), Fat: 8.42g (12.96%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 30.54g (11.11%), Sugar: 24.57g (27.3%), Cholesterol: 74.15mg (24.72%), Sodium: 908.59mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.44%), Vitamin B1: 1mg (66.7%), Selenium: 34.32µg (49.04%), Vitamin B3: 5.69mg (28.45%), Vitamin B6: 0.54mg (27.22%), Phosphorus: 251.33mg (25.13%), Zinc: 3.61mg (24.06%), Vitamin B2: 0.4mg (23.41%), Potassium: 578.88mg (16.54%), Vitamin B12: 0.99µg (16.42%), Iron: 1.95mg (10.84%), Vitamin B5: 1.04mg (10.45%), Magnesium: 34.34mg (8.58%), Manganese: 0.17mg (8.4%), Copper: 0.16mg (8.04%), Calcium: 50.14mg (5.01%), Vitamin C: 2.57mg (3.11%), Fiber: 0.72g (2.9%), Vitamin E: 0.41mg

(2.75%), Folate: 10.38µg (2.59%), Vitamin A: 121.87IU (2.44%), Vitamin K: 1.16µg (1.1%)