



Pork and Slaw Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups barbecue sauce
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound pork loin boneless trimmed
- ☐ 2 tablespoons brown sugar
- ☐ 2.5 cups carrots
- ☐ 2 ounce hawaiian rolls
- ☐ 1.5 tablespoons hot sauce
- ☐ 0.3 cup mayonnaise

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 1 cup water
- ☐ 1 tablespoon vinegar white

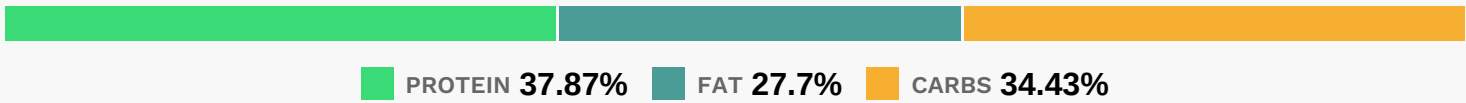
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place pork and 1 cup water in a 3- to 4-quart electric slow cooker. Cover and cook on LOW for 7 hours or until meat is tender.
- ☐ Drain pork, discarding cooking liquid. Return pork to slow cooker; shred with 2 forks. Stir in barbecue sauce and next 3 ingredients (through pepper). Cover and cook on LOW for 1 hour.
- ☐ Combine coleslaw and next 4 ingredients (through salt) in a bowl; toss well.
- ☐ Place about 1/3 cup pork mixture and about 2 tablespoons slaw on bottom half of each bun; cover with bun tops.
- ☐ Quick Tip: Using packaged cabbage-and-carrot coleslaw shaves time off the prep. Long gone are the days when you'd have to shred your own.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:14.589130505272%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 228.66kcal (11.43%), Fat: 6.89g (10.6%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.29g (6.65%), Sugar: 14.02g (15.58%), Cholesterol: 58.72mg (19.57%), Sodium: 500.24mg (21.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Vitamin A: 3643.62IU (72.87%), Selenium: 26.73µg (38.18%), Vitamin B6: 0.75mg (37.25%), Vitamin B1: 0.45mg (29.67%), Vitamin B3: 5.78mg (28.92%), Phosphorus: 223.21mg (22.32%), Potassium: 495.24mg (14.15%), Vitamin B2: 0.21mg (12.58%), Zinc: 1.78mg (11.86%), Vitamin K: 9.82µg (9.36%), Vitamin B5: 0.8mg (8%), Magnesium: 31.88mg (7.97%), Vitamin B12: 0.47µg (7.91%), Manganese: 0.11mg (5.54%), Iron: 0.93mg (5.16%), Copper: 0.1mg (4.78%), Vitamin E: 0.66mg (4.4%), Fiber: 0.99g (3.95%), Calcium: 30.61mg (3.06%), Vitamin C: 2.48mg (3.01%), Vitamin D: 0.37µg (2.47%), Folate: 8.57µg (2.14%)