

Pork Barbeque



Gluten Free



Dairy Free

READY IN



350 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons barbeque sauce
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 cloves garlic
- ☐ 1 medium bell pepper green finely chopped
- ☐ 2 teaspoons liquid smoke flavoring
- ☐ 2 medium onions finely chopped
- ☐ 2 tablespoons pepper sauce hot
- ☐ 5 pounds pork chops boneless

- ☐ 1 medium bell pepper red finely chopped
- ☐ 1 teaspoon pepper white
- ☐ 0.5 cup white wine
- ☐ 3 tablespoons worcestershire sauce
- ☐ 1 medium bell pepper yellow finely chopped

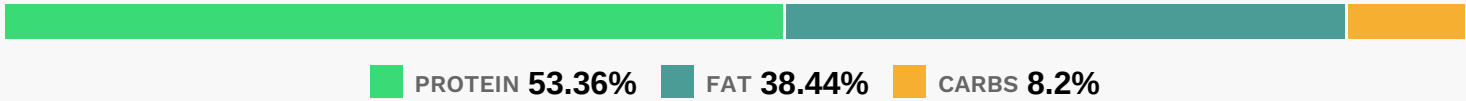
Equipment

- ☐ bowl
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ In a bowl, mix the wine, white pepper, liquid smoke, garlic, black pepper, pepper sauce, and Worcestershire sauce.
- ☐ Place pork in a slow cooker, and cover with the sauce mixture. Cover, and cook 4 to 5 hours on Low, or until the meat shreds easily.
- ☐ Shred the pork with a fork.
- ☐ Mix in the barbeque sauce, onion, green bell pepper, red bell pepper, and yellow bell pepper. Continue cooking 30 minutes, or until vegetables are tender.
- ☐ Place pork in a strainer to remove excess liquid, pushing down with a large spoon to extract as much moisture as possible. Liquid may be reserved as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:25.572173958239%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 327.07kcal (16.35%), Fat: 13.25g (20.38%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.4g (1.96%), Sugar: 2.96g (3.29%), Cholesterol: 126.63mg (42.21%), Sodium: 237.5mg (10.33%), Alcohol: 1.03g (100%), Alcohol %: 0.5% (100%), Protein: 41.37g (82.74%), Selenium: 62.92µg (89.89%), Vitamin B1: 1.29mg (86.01%), Vitamin B3: 15.43mg (77.13%), Vitamin B6: 1.49mg (74.3%), Vitamin C: 42.76mg (51.83%), Phosphorus: 446.91mg (44.69%), Potassium: 850.57mg (24.3%), Vitamin B2: 0.38mg (22.39%), Zinc: 3.06mg (20.4%), Vitamin B12: 1µg (16.69%), Vitamin B5: 1.48mg (14.77%), Magnesium: 57.35mg (14.34%), Iron: 1.46mg (8.11%), Vitamin A: 390.26IU (7.81%), Manganese: 0.15mg (7.73%), Copper: 0.15mg (7.62%), Vitamin D: 0.76µg (5.04%), Fiber: 0.96g (3.84%), Vitamin E: 0.48mg (3.18%), Folate: 12.35µg (3.09%), Calcium: 30.53mg (3.05%), Vitamin K: 2.04µg (1.95%)