



Pork Sandwich Spread

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



237 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 sleeve round buttery crackers
- ☐ 0.3 teaspoon basil dried
- ☐ 3 eggs
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 lb roasted
- ☐ 20 servings salt and pepper to taste
- ☐ 20 sandwich buns split

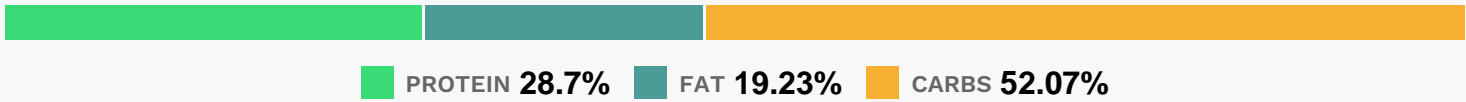
Equipment

- ☐ slow cooker
- ☐ meat grinder

Directions

- ☐ Place roast in a slow cooker; sprinkle with seasonings. Cover and cook on high setting for 2 to 3 hours, until fork-tender.
- ☐ Remove roast; cool. Reserve 1/2 cup cooking liquid. Grind meat with a meat grinder; add eggs and crushed crackers.
- ☐ Add reserved liquid and enough water to obtain consistency of thick soup.
- ☐ Return meat mixture to slow cooker and cook on low setting for an additional 2 hours. Spoon onto warm buns.

Nutrition Facts



Properties

Glycemic Index:0.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.43652176857%

Nutrients (% of daily need)

Calories: 237.16kcal (11.86%), Fat: 4.96g (7.63%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 28.88g (10.5%), Sugar: 1.05g (1.16%), Cholesterol: 53.13mg (17.71%), Sodium: 536.81mg (23.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.29%), Selenium: 36.89µg (52.7%), Vitamin B1: 0.48mg (31.78%), Vitamin B3: 5.04mg (25.18%), Vitamin B6: 0.37mg (18.71%), Vitamin B2: 0.31mg (18.07%), Phosphorus: 172.61mg (17.26%), Folate: 57.46µg (14.36%), Manganese: 0.27mg (13.55%), Iron: 2.26mg (12.55%), Zinc: 1.44mg (9.6%), Magnesium: 28.17mg (7.04%), Potassium: 241.17mg (6.89%), Vitamin B5: 0.67mg (6.74%), Copper: 0.12mg (6.24%), Calcium: 61.14mg (6.11%), Fiber: 1.33g (5.32%), Vitamin B12: 0.29µg (4.83%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.31µg (2.09%)