



Pulled Pork and Coleslaw Bundles

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



409 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup creamy coleslaw prepared
- ☐ 6 servings parsley fresh chopped
- ☐ 10 ounce puff pastry shells pepperidge farm®
- ☐ 2 cups barbequed pulled pork warmed prepared

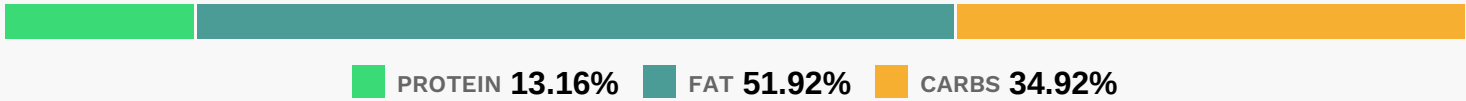
Equipment

- ☐ oven

Directions

- ☐ Bake, cool and remove the 'tops' of the pastry shells according to the package directions.
- ☐ Spoon 1/3 cup pork into each pastry shell. Top each with 2 tablespoons coleslaw and sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:11.66, Inflammation Score:-5, Nutrition Score:8.8086957218854%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 409.14kcal (20.46%), Fat: 23.79g (36.6%), Saturated Fat: 6.39g (39.96%), Carbohydrates: 36g (12%), Net Carbohydrates: 35.01g (12.73%), Sugar: 12.06g (13.4%), Cholesterol: 33.91mg (11.3%), Sodium: 590.96mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.13%), Vitamin K: 77.64µg (73.94%), Selenium: 11.46µg (16.37%), Vitamin B1: 0.2mg (13%), Manganese: 0.25mg (12.32%), Iron: 2.19mg (12.19%), Folate: 45.44µg (11.36%), Vitamin C: 8.87mg (10.76%), Vitamin B3: 2.04mg (10.18%), Vitamin A: 461.44IU (9.23%), Vitamin B2: 0.14mg (8.23%), Calcium: 52.01mg (5.2%), Fiber: 0.99g (3.95%), Phosphorus: 32.19mg (3.22%), Copper: 0.06mg (3.05%), Magnesium: 10.26mg (2.56%), Zinc: 0.3mg (2.02%), Vitamin E: 0.29mg (1.96%), Potassium: 60.9mg (1.74%), Vitamin B6: 0.02mg (1.04%)