



Pulled-Pork Sandwiches

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups barbecue sauce plus more for serving
- ☐ 3 lb pork loin boneless
- ☐ 0.7 cup apple cider vinegar
- ☐ 2 cups coleslaw mix prepared
- ☐ 6 hawaiian rolls
- ☐ 6 servings salt

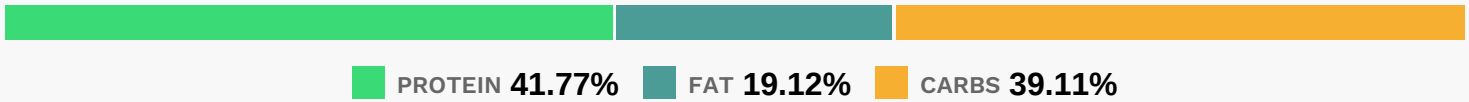
Equipment

- ☐ slow cooker

Directions

- ☐ Trim excess fat from pork roast.
- ☐ Sprinkle with salt.
- ☐ Place in slow cooker and pour vinegar over roast. Cover and cook on low until roast is fork-tender and pulls apart easily, 8 to 10 hours.
- ☐ Remove roast from cooker and shred meat into small pieces. Discard cooking liquid. Return pork to slow cooker and stir in barbecue sauce. Continue to cook until warmed through, about 30 minutes.
- ☐ Spoon coleslaw onto bottom half of hamburger buns.
- ☐ Layer with pork, then top with the other half of the bun.
- ☐ Serve immediately with extra barbecue sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:13.31, Inflammation Score:-5, Nutrition Score:30.44695621988%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 553.73kcal (27.69%), Fat: 11.36g (17.48%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 52.32g (17.44%), Net Carbohydrates: 50.31g (18.3%), Sugar: 27.72g (30.8%), Cholesterol: 142.88mg (47.63%), Sodium: 1259.32mg (54.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.87g (111.73%), Selenium: 75.55µg (107.92%), Vitamin B6: 1.82mg (91.1%), Vitamin B1: 1.27mg (84.59%), Vitamin B3: 15.31mg (76.54%), Phosphorus: 576.21mg (57.62%), Vitamin B2: 0.6mg (35.36%), Potassium: 1125.65mg (32.16%), Zinc: 4.57mg (30.47%), Manganese: 0.45mg (22.39%), Vitamin B12: 1.24µg (20.71%), Magnesium: 82.28mg (20.57%), Vitamin K: 21.08µg (20.08%), Vitamin B5: 1.86mg (18.56%), Iron: 3.32mg (18.45%), Folate: 51.88µg (12.97%), Copper: 0.24mg (11.83%), Vitamin C: 9.53mg (11.55%), Calcium: 108.17mg (10.82%), Fiber: 2g (8%), Vitamin E: 1.02mg (6.79%), Vitamin D: 0.91µg (6.05%), Vitamin A: 183.46IU (3.67%)