



Pulled-Pork Sandwiches

 Dairy Free

READY IN



560 min.

SERVINGS



20

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 1 cup barbecue sauce
- ☐ 1 tablespoon chili powder
- ☐ 20 servings coleslaw mix for serving
- ☐ 1 tablespoon cumin
- ☐ 1 tablespoon ground mustard dry
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon garlic powder

- ☐ 8 hawaiian rolls
- ☐ 3 tablespoons honey
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 1 large onion chopped
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon pepper
- ☐ 4 lb pork butt boneless fat removed
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a small bowl, mix first 8 ingredients, through pepper. Pat pork dry and rub spice mixture all over.
- ☐ Spread onion and garlic on the bottom of a slow cooker and place pork on top. In small bowl, stir together barbecue sauce, cider, chicken broth, honey and Worcestershire sauce; pour over pork. Cover and cook on low heat until meat shreds easily, about 8 hours.
- ☐ Remove pork from cooker; set aside. With a spoon, skim off as much fat as possible from liquid in cooker.
- ☐ Remove 1 cup of liquid; reserve. Increase slow cooker heat to high. Using 2 forks, shred pork and return to cooker. Cover cooker and cook on high 1 hour longer.
- ☐ Preheat reserved liquid.
- ☐ Serve pulled pork on buns with your favorite homemade or store-bought coleslaw, passing sauce.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:6.93, Inflammation Score:-4, Nutrition Score:13.994347758915%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg 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: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 217.29kcal (10.86%), Fat: 6.29g (9.67%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 18.94g (6.89%), Sugar: 9.62g (10.69%), Cholesterol: 54.43mg (18.14%), Sodium: 555.75mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.73%), Selenium: 31.58µg (45.12%), Vitamin B1: 0.62mg (41.34%), Vitamin B6: 0.54mg (26.96%), Vitamin B2: 0.43mg (25.09%), Vitamin B3: 4.99mg (24.94%), Zinc: 3.33mg (22.19%), Phosphorus: 218.77mg (21.88%), Vitamin B5: 1.48mg (14.85%), Vitamin B12: 0.86µg (14.4%), Iron: 2.34mg (12.98%), Potassium: 431.87mg (12.34%), Manganese: 0.2mg (10.05%), Magnesium: 31.76mg (7.94%), Copper: 0.15mg (7.5%), Vitamin A: 330.21IU (6.6%), Calcium: 55.61mg (5.56%), Folate: 19.83µg (4.96%), Vitamin E: 0.67mg (4.47%), Fiber: 1.06g (4.25%), Vitamin D: 0.54µg (3.63%), Vitamin K: 2.82µg (2.68%), Vitamin C: 1.77mg (2.14%)