



## Pulled Pork "Sloppy Joes"

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 1 tsp oil
- 0.5 cup onions finely chopped
- 2 Tbsp claussen pickle relish sweet
- 6 pretzel sandwich rolls split mini (3 inch)
- 11.5 oz oscar mayer carving board hickory seasoned pulled pork smoked

### Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium heat.
- Add onions; cook and stir 2 min. or until crisp-tender.
- Stir in all remaining ingredients except rolls; cook 5 min. or until heated through, stirring occasionally.
- Fill rolls with meat mixture just before serving.

## Nutrition Facts



## Properties

Glycemic Index:1.8, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.68652174265488%

## Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 65.01kcal (3.25%), Fat: 1.97g (3.04%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.15g (7.94%), Cholesterol: 9.35mg (3.12%), Sodium: 251.88mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin K: 2.08µg (1.98%), Iron: 0.36mg (1.98%), Vitamin A: 78.42IU (1.57%), Calcium: 15.3mg (1.53%), Vitamin C: 0.89mg (1.08%)