



Sister Schubert's® Barbecue Pulled Pork or Chicken Mini-Sliders

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup coleslaw homemade prepared
- ☐ 2 cups favorite barbecue pulled pork warmed prepared
- ☐ 11 ounce sister schubert's parker yeast rolls house style

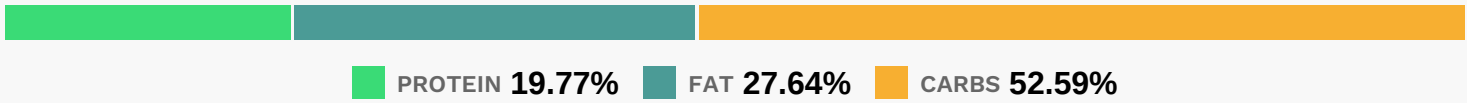
Equipment

Directions

- ☐
- Split rolls and arrange on a plate. Fill each roll with warm meat filling and top with smallportion of coleslaw.

☐

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:5.8304347421812%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 218.03kcal (10.9%), Fat: 6.78g (10.43%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 27.31g (9.93%), Sugar: 9.53g (10.59%), Cholesterol: 25.43mg (8.48%), Sodium: 558.35mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.81%), Manganese: 0.41mg (20.64%), Selenium: 12.89µg (18.41%), Vitamin B1: 0.17mg (11.61%), Iron: 1.96mg (10.87%), Calcium: 101.68mg (10.17%), Vitamin B3: 1.61mg (8.03%), Vitamin K: 7.7µg (7.34%), Fiber: 1.7g (6.8%), Folate: 27.15µg (6.79%), Vitamin B2: 0.11mg (6.47%), Vitamin C: 4.27mg (5.17%), Phosphorus: 42.81mg (4.28%), Magnesium: 15.08mg (3.77%), Copper: 0.06mg (3.01%), Zinc: 0.37mg (2.44%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 97.3IU (1.95%), Potassium: 59.7mg (1.71%), Vitamin B5: 0.16mg (1.6%), Vitamin E: 0.15mg (1.02%)