



Slow-Cooked Barbecued Pork on Buns

 Dairy Free

READY IN



500 min.

SERVINGS



18

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb pork loin boneless trimmed of fat cut into thin strips
- 0.8 cup onion chopped (1 large)
- 0.3 cup cornstarch
- 0.3 cup brown sugar packed
- 2 teaspoons ground mustard
- 0.5 teaspoon salt
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper red (cayenne)

- 1.5 cups catsup
- 2 tablespoons worcestershire sauce
- 18 sandwich rolls split

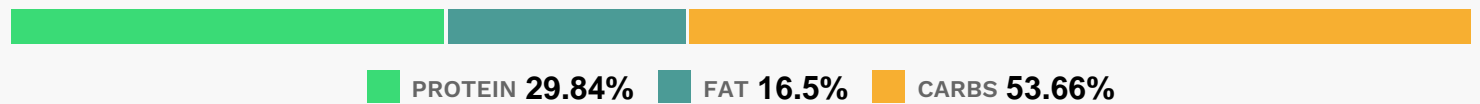
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients except buns.
- Cover; cook on Low heat setting 6 to 8 hours.
- Spoon about 1/3 cup pork mixture into each bun.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:14.917826051297%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 310.86kcal (15.54%), Fat: 5.63g (8.67%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 39.69g (14.43%), Sugar: 8.72g (9.69%), Cholesterol: 47.63mg (15.88%), Sodium: 619.02mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.85%), Selenium: 43.97µg (62.82%), Vitamin B1: 0.62mg (41.07%), Vitamin B3: 7.08mg (35.42%), Vitamin B6: 0.63mg (31.69%), Phosphorus: 237.81mg (23.78%), Vitamin B2: 0.37mg (21.84%), Manganese: 0.31mg (15.27%), Folate: 57.81µg (14.45%), Iron: 2.52mg (13.99%), Zinc: 1.96mg (13.09%), Potassium: 432.17mg (12.35%), Magnesium: 39.78mg (9.95%), Vitamin B5: 0.82mg (8.21%), Copper: 0.16mg (8.21%), Calcium: 67.76mg (6.78%), Vitamin B12: 0.39µg (6.43%), Fiber: 1.54g (6.16%), Vitamin E: 0.65mg (4.35%), Vitamin A: 115.85IU (2.32%), Vitamin D: 0.3µg (2.02%), Vitamin C: 1.6mg (1.94%)