



Slow Cooked Barbeque Pulled Pork

 Gluten Free  Dairy Free

READY IN



435 min.

SERVINGS



16

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbeque sauce
- 1 tablespoon chili powder
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 0.8 cup blackstrap molasses
- 1 teaspoon paprika
- 7 pound pork shoulder roast
- 1 teaspoon salt

16 servings water to cover

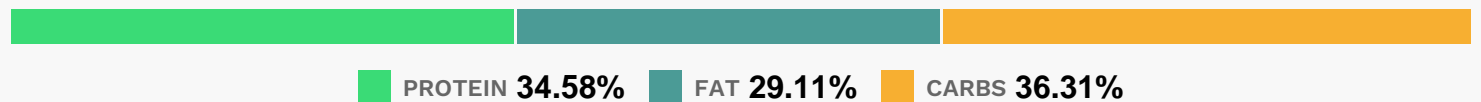
Equipment

slow cooker

Directions

- Place pork in a slow cooker.
- Add molasses, chili powder, salt, paprika, cumin seeds, and ground coriander.
- Pour enough water into slow cooker to cover pork.
- Cook on High for 6 to 8 hours.
- Drain liquid from slow cooker and shred pork with 2 forks.
- Add barbeque sauce. Reduce heat the Low and continue cooking for 1 hour more.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:5.2, Inflammation Score:-4, Nutrition Score:17.33565223217%

Nutrients (% of daily need)

Calories: 282.43kcal (14.12%), Fat: 9g (13.84%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 24.68g (8.98%), Sugar: 22.44g (24.93%), Cholesterol: 81.11mg (27.04%), Sodium: 592.06mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.1%), Vitamin B1: 1.09mg (72.44%), Selenium: 39.09µg (55.84%), Vitamin B6: 0.65mg (32.29%), Vitamin B3: 5.59mg (27.96%), Zinc: 3.96mg (26.43%), Phosphorus: 258.83mg (25.88%), Vitamin B2: 0.41mg (23.84%), Potassium: 733.86mg (20.97%), Magnesium: 72mg (18%), Vitamin B12: 1.02µg (16.95%), Manganese: 0.31mg (15.69%), Iron: 2.64mg (14.69%), Copper: 0.26mg (13.17%), Vitamin B5: 1.18mg (11.82%), Calcium: 71.03mg (7.1%), Vitamin A: 290.11IU (5.8%), Vitamin E: 0.49mg (3.24%), Fiber: 0.57g (2.28%), Folate: 6.9µg (1.73%), Vitamin C: 1.2mg (1.45%), Vitamin K: 1.21µg (1.15%)