



Slow-Cooked Pulled Pork

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 1 cup catsup
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon oil
- ☐ 10.5 oz onion soup french canned
- ☐ 3.5 lb pork shoulder roast boneless
- ☐ 24 slices texas toast croutons split

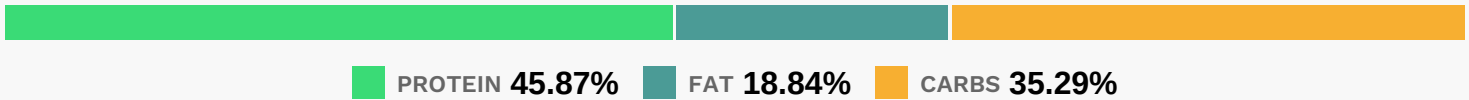
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in a skillet over medium heat.
- ☐ Add roast and brown on all sides; remove to a large slow cooker and set aside.
- ☐ Mix soup, catsup, vinegar and brown sugar; pour over roast.
- ☐ Cover and cook on low setting for 8 to 10 hours, until roast is fork-tender.
- ☐ Remove roast to a platter; discard string and let stand for 10 minutes.
- ☐ Shred roast, using 2 forks; return to slow cooker and stir. Spoon meat and sauce onto bread slices or rolls.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:19.972608656987%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 285.72kcal (14.29%), Fat: 5.86g (9.01%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 22.94g (8.34%), Sugar: 7.41g (8.23%), Cholesterol: 79.38mg (26.46%), Sodium: 2256.69mg (98.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.08g (64.17%), Vitamin B3: 13.44mg (67.21%), Vitamin B1: 0.93mg (62.29%), Vitamin B6: 1.13mg (56.63%), Selenium: 36.32µg (51.89%), Vitamin B2: 0.72mg (42.53%), Phosphorus: 362.98mg (36.3%), Potassium: 743.59mg (21.25%), Zinc: 2.91mg (19.42%), Vitamin B12: 1.15µg (19.18%), Vitamin B5: 1.53mg (15.31%), Magnesium: 52.85mg (13.21%), Manganese: 0.23mg (11.31%), Copper: 0.21mg (10.49%), Iron: 1.65mg (9.15%), Fiber: 1.74g (6.97%), Calcium: 51.64mg (5.16%), Vitamin E: 0.64mg (4.28%), Vitamin A: 106.32IU (2.13%), Vitamin C: 1.66mg (2.02%), Vitamin K: 1.79µg (1.71%)