Slow-Cooked Pulled Pork Sandwiches

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	8	590 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 36 ounce barbecue sauce your favorite
- [ ] 3.5 pound pork shoulder boneless fat trimmed
- [ ] 8 servings pepper black freshly ground
- [ ] 8 hotdog buns toasted

Equipment

- [ ] slow cooker

Directions

- [ ] Lightly season the pork with salt and pepper.
- [ ] Placein a slow cooker insert, add the barbecue sauce, andcover. Cook on low until the pork is fork-tender, 8-9hours.
- [ ] Skim off any fat from the sauce surface.
- [ ] Transferthe pork to a carving board.
- [ ] Let stand for 5 minutes.Using two forks, shred the pork, discarding any excessfat. Return to the slow cooker.
- [ ] Heap the meat and sauce onto the buns and servehot.
- [ ] Adapted from Diamond Dishes by Julie Loria (Lyons Press/ $24.9
- [ ] Excerpts copyright 2011 by Julie Loria, with permission of Lyons Press

Nutrition Facts

PROTEIN **34.66%** FAT **14.39%** CARBS **50.95%**

Properties

Glycemic Index:11.75, Glycemic Load:12.74, Inflammation Score:-5, Nutrition Score:31.708695499793%

Nutrients (% of daily need)

Calories: 590.28kcal (29.51%), Fat: 9.22g (14.18%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 71.47g (25.99%), Sugar: 45.45g (50.5%), Cholesterol: 119.07mg (39.69%), Sodium: 1631.13mg (70.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.94g (99.88%), Vitamin B3: 21.59mg (107.97%), Vitamin B1: 1.54mg (102.68%), Selenium: 64.42µg (92.03%), Vitamin B6: 1.56mg (77.78%), Vitamin B2: 1.12mg (65.92%), Phosphorus: 523.04mg (52.3%), Potassium: 1099.28mg (31.41%), Vitamin B12: 1.81µg (30.19%), Zinc: 4.4mg (29.32%), Iron: 4.05mg (22.5%), Manganese: 0.44mg (21.82%), Vitamin B5: 2.16mg (21.59%), Magnesium: 78.13mg (19.53%), Copper: 0.29mg (14.52%), Calcium: 117.63mg (11.76%), Folate: 42.52µg (10.63%), Vitamin E: 1.3mg (8.63%), Fiber: 1.94g (7.75%), Vitamin A: 286.74IU (5.73%), Vitamin K: 4.5µg (4.29%), Vitamin C: 1.32mg (1.6%)