



Slow Cooker Barbecue Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



485 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



18 oz barbecue sauce



12 oz cola drink soft canned



3 lb pork shoulder roast boneless trimmed (Boston butt)

Equipment



slow cooker

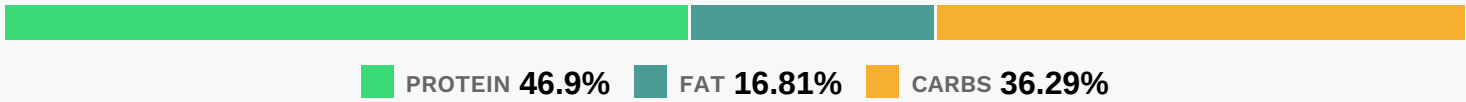


cutting board

Directions

- ☐ Place roast in a lightly greased 6-qt. slow cooker; pour barbecue sauce and cola over roast. Cover and cook on LOW 8 to 10 hours or until meat shreds easily with a fork.
- ☐ Transfer pork to a cutting board; shred with two forks, removing any large pieces of fat. Skim fat from sauce, and stir in shredded pork.
- ☐ Note: We tested with Cattleman's Original Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:29.38521724421%

Nutrients (% of daily need)

Calories: 455.29kcal (22.76%), Fat: 8.26g (12.7%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 39.35g (14.31%), Sugar: 33.32g (37.02%), Cholesterol: 136.08mg (45.36%), Sodium: 1000.74mg (43.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 51.86g (103.71%), Vitamin B3: 22.28mg (111.42%), Vitamin B1: 1.48mg (98.83%), Selenium: 59.68µg (85.25%), Vitamin B6: 1.7mg (85.06%), Vitamin B2: 1.1mg (64.84%), Phosphorus: 542.04mg (54.2%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.58mg (30.52%), Potassium: 1055.74mg (30.16%), Vitamin B5: 2.37mg (23.67%), Magnesium: 70.02mg (17.51%), Iron: 2.63mg (14.58%), Copper: 0.23mg (11.71%), Manganese: 0.14mg (7%), Vitamin E: 0.86mg (5.75%), Calcium: 45.08mg (4.51%), Vitamin A: 190.51IU (3.81%), Fiber: 0.77g (3.06%), Vitamin K: 1.53µg (1.46%)