



Slow-Cooker BBQ Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



485 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 12 ounce cola drink soft canned
- 3 pound shoulder pork roast

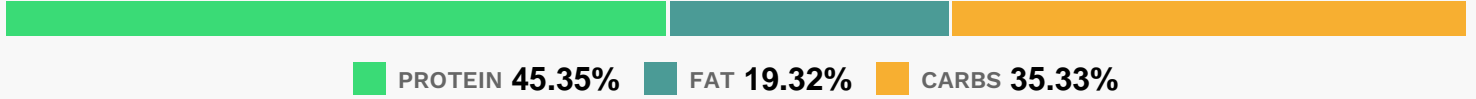
Equipment

- slow cooker

Directions

- Place pork roast in a 6-quart slow cooker; pour barbecue sauce and cola over roast.
- Cover and cook on high 8 hours or until meat is tender and shreds easily.
- Note: For testing purposes only, we used Kraft Original Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:24.456522145997%

Nutrients (% of daily need)

Calories: 466.63kcal (23.33%), Fat: 9.76g (15.01%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 39.35g (14.31%), Sugar: 33.32g (37.02%), Cholesterol: 142.88mg (47.63%), Sodium: 989.4mg (43.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 51.52g (103.03%), Selenium: 63.98µg (91.41%), Vitamin B6: 1.78mg (88.8%), Vitamin B1: 1.02mg (68.28%), Vitamin B3: 13.54mg (67.69%), Phosphorus: 532.97mg (53.3%), Potassium: 1046.66mg (29.9%), Zinc: 4.24mg (28.26%), Vitamin B2: 0.47mg (27.75%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.83mg (18.29%), Magnesium: 70.02mg (17.51%), Iron: 1.83mg (10.17%), Copper: 0.19mg (9.67%), Vitamin E: 0.98mg (6.5%), Manganese: 0.12mg (6.21%), Vitamin D: 0.91µg (6.05%), Calcium: 40.54mg (4.05%), Vitamin A: 190.51IU (3.81%), Fiber: 0.77g (3.06%), Vitamin K: 1.53µg (1.46%)