



Slow-Cooker BBQ Pork Sandwiches

READY IN



490 min.

SERVINGS



10

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 lb boston butt pork shoulder boneless
- 8 singles kraft
- 3 onions separated sliced
- 8 kaiser rolls split

Equipment

- slow cooker

Directions

- Place meat in slow cooker; top with onions and barbecue sauce. Cover with lid. Cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours).
- Remove meat from slow cooker; cut off and discard excess fat. Chop meat into small pieces or shred with fork. Return to slow cooker; stir to coat with sauce.
- Fill rolls with meat mixture and Singles just before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:19.05, Inflammation Score:-3, Nutrition Score:14.535652139912%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 292.78kcal (14.64%), Fat: 4.98g (7.66%), Saturated Fat: 1g (6.25%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 33.48g (12.18%), Sugar: 9.67g (10.74%), Cholesterol: 54.56mg (18.19%), Sodium: 442mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.85%), Iron: 9.49mg (52.71%), Vitamin B3: 8.83mg (44.17%), Vitamin B1: 0.6mg (40.24%), Vitamin B6: 0.71mg (35.27%), Selenium: 23.76µg (33.94%), Vitamin B2: 0.44mg (25.94%), Phosphorus: 227.56mg (22.76%), Vitamin B12: 0.79µg (13.15%), Zinc: 1.87mg (12.46%), Potassium: 426.16mg (12.18%), Vitamin B5: 0.95mg (9.55%), Magnesium: 28.75mg (7.19%), Fiber: 1.54g (6.17%), Copper: 0.09mg (4.61%), Manganese: 0.07mg (3.66%), Vitamin C: 2.53mg (3.07%), Calcium: 29.47mg (2.95%), Folate: 6.56µg (1.64%), Vitamin E: 0.19mg (1.29%)