



Slow-Cooker Carolina Pulled-Pork Sandwiches

 Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb pork shoulder boneless
- 1 tablespoon brown sugar packed
- 1 tablespoon kosher salt (coarse)
- 1 tablespoon pepper
- 1 tablespoon paprika
- 2 cups apple cider vinegar
- 1 cup catsup
- 2 tablespoons worcestershire sauce

- 1 teaspoon hot sauce red
- 12 portugese rolls split
- 2 cups coleslaw mix with sweet-and-sour dressing (from deli)

Equipment

- bowl
- slotted spoon
- slow cooker
- cutting board

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. Trim fat from pork; place in cooker. In small bowl, mix brown sugar, salt, pepper and paprika; rub over pork.
- In medium bowl, mix remaining ingredients except rolls and coleslaw; pour into slow cooker.
- Cover; cook on Low heat setting 8 to 9 hours.
- Remove pork from cooker; place on cutting board. Shred pork with 2 forks; return to cooker and mix well.
- Using slotted spoon, spoon about 1/2 cup pork mixture, on bottom half of each roll. Top each with about 2 tablespoons coleslaw. Cover with top halves of rolls. Pork mixture can be kept warm on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:23.36, Inflammation Score:-4, Nutrition Score:19.576086692188%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 357.66kcal (17.88%), Fat: 6.18g (9.51%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 39.46g (14.35%), Sugar: 10.44g (11.61%), Cholesterol: 68.04mg (22.68%), Sodium: 1167.04mg (50.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.9%), Iron: 12.2mg (67.77%), Vitamin B3: 11.29mg (56.44%), Vitamin B1: 0.75mg (49.69%), Vitamin B6: 0.88mg (43.98%), Selenium: 29.56µg (42.23%), Vitamin B2: 0.58mg (33.95%), Phosphorus: 275.5mg (27.55%), Potassium: 578.3mg (16.52%), Vitamin B12: 0.99µg (16.44%), Zinc: 2.32mg (15.47%), Vitamin B5: 1.17mg (11.71%), Manganese: 0.23mg (11.44%), Vitamin K: 10.79µg (10.28%), Magnesium: 37.86mg (9.46%), Vitamin A: 406.86IU (8.14%), Fiber: 1.75g (6.99%), Vitamin C: 5.71mg (6.92%), Copper: 0.13mg (6.3%), Vitamin E: 0.58mg (3.85%), Calcium: 32.58mg (3.26%), Folate: 7.44µg (1.86%)