



Slow-Cooker Chipotle Pulled-Pork Sandwiches

 Dairy Free

READY IN



465 min.

SERVINGS



20

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 2 teaspoons salt
- 2 teaspoons garlic powder
- 1.5 teaspoons ground mustard
- 3 teaspoons chili powder
- 3 lb pork shoulder boneless trimmed of fat
- 8 oz tomato sauce canned
- 2 chipotles in adobo canned finely chopped

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- 20 hawaiian rolls split
- 5 medium avocado pitted peeled thinly sliced

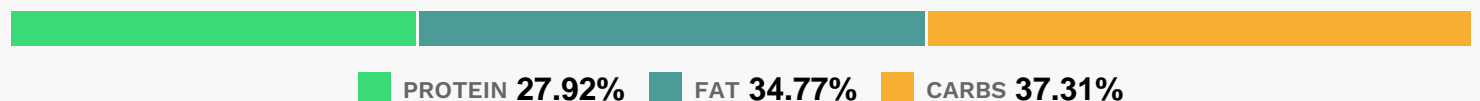
Equipment

- bowl
- slow cooker
- cutting board

Directions

- Spray 4- to 5-quart slow cooker with cooking spray. In small bowl, mix brown sugar, salt, garlic powder, mustard and chili powder. Rub seasoning mixture over pork.
- Place pork in cooker.
- Sprinkle any remaining seasoning mixture that doesn't stick to pork over top of pork in cooker.
- Cover; cook on Low heat setting 7 to 8 hours.
- Remove pork from cooker; place on cutting board.
- Remove liquid from cooker; skim fat from liquid and reserve liquid. Cool pork slightly. With 2 forks, shred pork. Return to cooker. Stir tomato sauce, chipotle chiles and adobo sauce into shredded pork. If desired, stir in some of the reserved cooking liquid for desired moistness.
- Increase heat setting to High. Cover; cook 15 to 30 minutes longer or until hot. Spoon about 1/3 cup pork mixture into each bun.
- Place a few slices of avocado over pork in each bun. Pork mixture can be kept warm on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:13.45, Inflammation Score:-5, Nutrition Score:18.070869611657%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 295.88kcal (14.79%), Fat: 11.51g (17.72%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 23.12g (8.41%), Sugar: 4.64g (5.15%), Cholesterol: 40.82mg (13.61%), Sodium: 544.29mg (23.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.81g (41.62%), Vitamin B1: 0.71mg (47.47%), Vitamin B3: 9.36mg (46.81%), Selenium: 29.97µg (42.82%), Vitamin B6: 0.67mg (33.53%), Vitamin B2: 0.52mg (30.61%), Phosphorus: 231.84mg (23.18%), Folate: 82.62µg (20.65%), Fiber: 4.69g (18.74%), Manganese: 0.34mg (17.17%), Potassium: 598.42mg (17.1%), Iron: 2.61mg (14.49%), Vitamin B5: 1.41mg (14.08%), Zinc: 2.02mg (13.46%), Vitamin K: 13.26µg (12.63%), Vitamin B12: 0.68µg (11.3%), Magnesium: 45.15mg (11.29%), Copper: 0.21mg (10.66%), Vitamin E: 1.5mg (9.99%), Vitamin C: 6.39mg (7.75%), Calcium: 76.57mg (7.66%), Vitamin A: 212.01IU (4.24%)