



Slow-Cooker Greek Pork Sandwiches

 Dairy Free

READY IN



620 min.

SERVINGS



16

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound pork shoulder boneless trimmed of fat
- 1 tablespoon greek olives
- 1 cup salad dressing
- 3 cloves garlic finely chopped
- 16 wholewheat pita breads
- 2 medium cucumber cut lengthwise into thin slices
- 1.5 cups tomatoes chopped

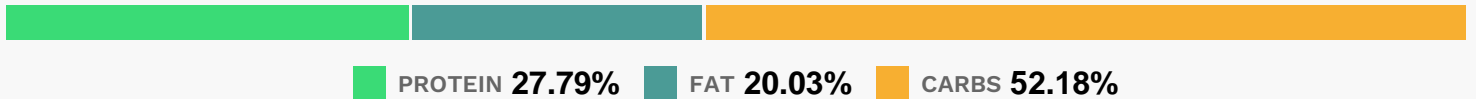
Equipment

- bowl
- cutting board

Directions

- If pork is tied, remove strings or netting.
- Place pork in 3- to 4-quart slow
- cooker.
- Sprinkle with Greek seasoning.
- Cover and cook on low heat setting 8 to 10 hours.
- Meanwhile, mix mayonnaise and garlic in small bowl. Refrigerate until
- ready to use.
- Remove pork from cooker; place on cutting board. Shred pork, using 2
- forks. Return pork to cooker and mix well.
- Spread 2 tablespoons garlic
- mayonnaise on each pita fold bread. Top each with 1/4 cup shredded
- pork, cucumber and tomato.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:29.31, Inflammation Score:-3, Nutrition Score:11.740000133929%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 268.35kcal (13.42%), Fat: 5.85g (8.99%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 32.66g (11.88%), Sugar: 2.31g (2.57%), Cholesterol: 34.02mg (11.34%), Sodium: 485.72mg (21.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.5%), Vitamin B1: 0.53mg (35.49%), Vitamin B3:

6.76mg (33.8%), Vitamin B6: 0.47mg (23.45%), Selenium: 15.03µg (21.47%), Phosphorus: 195.87mg (19.59%),
Vitamin B2: 0.33mg (19.27%), Manganese: 0.33mg (16.28%), Zinc: 1.66mg (11.06%), Vitamin K: 11.15µg (10.62%),
Potassium: 363.6mg (10.39%), Magnesium: 34.78mg (8.7%), Vitamin B5: 0.86mg (8.55%), Copper: 0.17mg (8.42%),
Vitamin B12: 0.49µg (8.22%), Iron: 1.43mg (7.95%), Fiber: 1.6g (6.42%), Calcium: 60.23mg (6.02%), Folate: 19.08µg
(4.77%), Vitamin C: 2.95mg (3.58%), Vitamin E: 0.47mg (3.13%), Vitamin A: 141.75IU (2.84%)