



Slow-Cooker Jerk Pork Sandwiches

 Dairy Free

READY IN



680 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound pork shoulder boneless
- 0.5 cup onion chopped
- 3 tablespoons walkerswood jamaican jerk seasoning
- 0.5 cup chili sauce
- 0.5 cup relish
- 2 tablespoons cilantro leaves fresh chopped
- 1 cup lettuce shredded
- 8 wholewheat pita breads

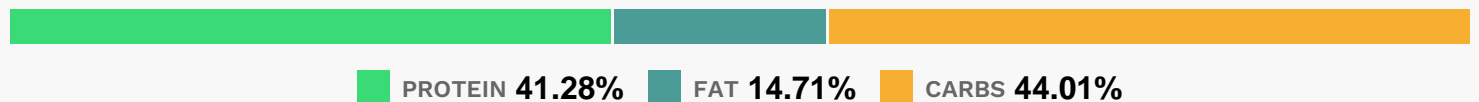
Equipment

- bowl
- slow cooker
- cutting board

Directions

- Spray 3- to 4-quart slow cooker with cooking spray.
- Remove netting or strings from pork roast; cut pork into 2-inch pieces.
- Place pork and onion in cooker.
- Sprinkle with jerk seasoning; toss to coat.
- Pour chili sauce over top.
- Cover and cook on Low heat setting 9 to 11 hours.
- Place pork on cutting board; use 2 forks to pull pork into shreds. Return pork to cooker.
- Mix corn relish and cilantro in small bowl. To serve, layer lettuce, pork mixture and corn relish in pita fold breads.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:29.32, Inflammation Score:-7, Nutrition Score:24.469565598861%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 377.34kcal (18.87%), Fat: 6.06g (9.33%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 37.63g (13.68%), Sugar: 3.09g (3.43%), Cholesterol: 85.05mg (28.35%), Sodium: 822.26mg (35.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.6%), Vitamin B3: 15.53mg (77.66%), Vitamin

B1: 1.1mg (73.41%), Vitamin B6: 1.15mg (57.54%), Selenium: 37.43µg (53.47%), Vitamin B2: 0.76mg (44.99%), Phosphorus: 407.64mg (40.76%), Zinc: 3.45mg (23.03%), Potassium: 764.34mg (21.84%), Vitamin A: 1083.12IU (21.66%), Vitamin B12: 1.23µg (20.55%), Manganese: 0.37mg (18.35%), Vitamin B5: 1.66mg (16.63%), Iron: 2.95mg (16.4%), Magnesium: 62.49mg (15.62%), Copper: 0.27mg (13.64%), Fiber: 3.2g (12.78%), Vitamin E: 1.61mg (10.71%), Calcium: 76.14mg (7.61%), Vitamin K: 6.58µg (6.26%), Folate: 20.54µg (5.14%), Vitamin C: 3.92mg (4.75%)