



Slow-Cooker Jerk Pork Sandwiches

 Dairy Free

READY IN



680 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

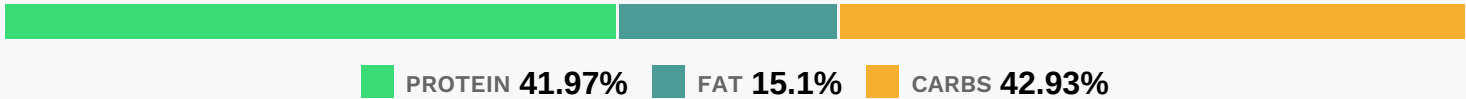
Equipment

- ☐ 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:30.44, Glycemic Load:30.31, Inflammation Score:-7, Nutrition Score:24.595217497452%

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: 372.7kcal (18.63%), Fat: 6.14g (9.44%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 36.09g (13.12%), Sugar: 3.52g (3.92%), Cholesterol: 85.05mg (28.35%), Sodium: 655.98mg (28.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.8%), Vitamin B3: 15.62mg (78.08%), Vitamin

B1: 1.1mg (73.6%), Vitamin B6: 1.16mg (58.09%), Selenium: 37.45µg (53.5%), Vitamin B2: 0.76mg (44.95%), Phosphorus: 408.95mg (40.9%), Zinc: 3.48mg (23.21%), Potassium: 773.43mg (22.1%), Vitamin A: 1082.97IU (21.66%), Vitamin B12: 1.23µg (20.55%), Manganese: 0.38mg (19.04%), Vitamin B5: 1.74mg (17.38%), Iron: 2.8mg (15.58%), Magnesium: 62.09mg (15.52%), Copper: 0.27mg (13.25%), Fiber: 3.2g (12.79%), Vitamin E: 1.61mg (10.76%), Calcium: 75.67mg (7.57%), Vitamin K: 6.62µg (6.3%), Folate: 22.6µg (5.65%), Vitamin C: 4.3mg (5.21%)