



 **30%**
HEALTH SCORE

Slow Cooker Kahlua Pork with Sweet Chili Pineapple Sauce

 **Gluten Free**  **Dairy Free**

READY IN



660 min.

SERVINGS



12

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons chili sauce
- 5 tablespoon hoisin sauce
- 0.3 cup honey
- 4 tablespoons liquid smoke
- 0.5 cup pineapple juice
- 8 lb pork butt
- 0.3 cup rice vinegar

5 tablespoons sea salt

Equipment

sauce pan

whisk

spatula

slow cooker

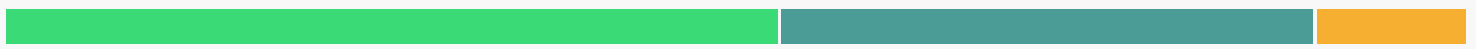
cutting board

Directions

Place the pork, fat side up, in the slow cooker. Using a fork, pierce the roast all over and pour the liquid smoke over it to coat.

Sprinkle the sea salt evenly over the roast and cover. Cook on low for 10 hours (the roast is done when the meat begins to fall apart when shredded with a fork.)In a small saucepan, whisk together the pineapple juice, rice vinegar, honey, chili sauce and hoisin sauce. Bring the mixture to a boil and cook the sauce until reduced by half stirring with a heat resistant spatula frequently. Set aside.When the roast is done, transfer to a cutting board and shred the meat using two forks. Return the shredded meat back to the slow cooker and serve immediately with the sauce.

Nutrition Facts



PROTEIN 52.96% **FAT 36.59%** **CARBS 10.45%**

Properties

Glycemic Index:12.36, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:33.129130434783%

Taste

Sweetness: 19.09%, Saltiness: 100%, Sourness: 11.47%, Bitterness: 12.38%, Savoriness: 68.34%, Fattiness: 61.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 447.22kcal (22.36%), Fat: 17.52g (26.96%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.89g (3.96%), Sugar: 9.43g (10.48%), Cholesterol: 181.64mg (60.55%), Sodium: 3306.84mg (143.78%), Protein: 57.07g (114.14%), Selenium: 85.56µg (122.24%), Vitamin B1: 1.7mg (113.26%), Vitamin B6: 1.6mg

(80.06%), Vitamin B2: 1.18mg (69.69%), Zinc: 10.23mg (68.17%), Vitamin B3: 13.47mg (67.36%), Phosphorus: 617.9mg (61.79%), Vitamin B5: 4.75mg (47.53%), Vitamin B12: 2.75µg (45.86%), Potassium: 1073.34mg (30.67%), Iron: 3.83mg (21.29%), Magnesium: 70.33mg (17.58%), Copper: 0.34mg (16.85%), Vitamin D: 1.81µg (12.1%), Manganese: 0.12mg (6.09%), Vitamin E: 0.87mg (5.78%), Calcium: 49.54mg (4.95%), Vitamin C: 2.05mg (2.48%), Fiber: 0.37g (1.48%)