



Slow-Cooker Kalua Pork Sandwiches

 Dairy Free

READY IN



850 min.

SERVINGS



16

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lb fatty pork boneless trimmed of fat
- 2 tablespoons sea salt
- 2 tablespoons liquid smoke
- 16 hawaiian rolls split

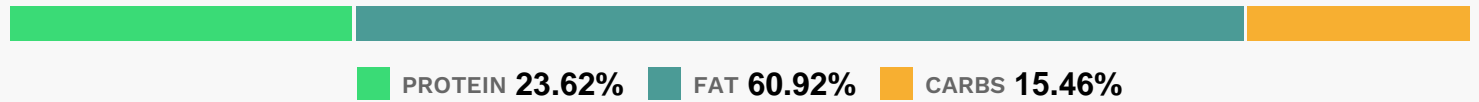
Equipment

- slow cooker
- cutting board

Directions

- Make 1-inch slits all over each pork roast. Rub 1 tablespoon salt on each, making sure to get every area.
- Place pork in 3- to 4-quart slow cooker.
- Pour 1 tablespoon liquid smoke on each; rub all over pork.
- Cover; cook on Low heat setting 14 hours.
- Remove pork from slow cooker; place on cutting board or large plate. Shred pork with fork; serve in buns.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:12.88, Inflammation Score:-3, Nutrition Score:20.451739093532%

Nutrients (% of daily need)

Calories: 567.33kcal (28.37%), Fat: 37.72g (58.04%), Saturated Fat: 13.75g (85.93%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 20.77g (7.55%), Sugar: 3.13g (3.48%), Cholesterol: 122.47mg (40.82%), Sodium: 1183.89mg (51.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.83%), Vitamin B1: 1.48mg (98.57%), Selenium: 53.54µg (76.49%), Vitamin B3: 9.18mg (45.88%), Phosphorus: 341.1mg (34.11%), Vitamin B6: 0.68mg (33.93%), Vitamin B2: 0.53mg (31.03%), Zinc: 4.06mg (27.06%), Vitamin B12: 1.28µg (21.28%), Iron: 2.98mg (16.55%), Potassium: 540.82mg (15.45%), Manganese: 0.26mg (12.85%), Folate: 48.92µg (12.23%), Vitamin B5: 1.14mg (11.36%), Magnesium: 42.23mg (10.56%), Calcium: 86.27mg (8.63%), Copper: 0.12mg (6.2%), Fiber: 0.77g (3.1%), Vitamin C: 1.75mg (2.12%), Vitamin K: 2.06µg (1.97%)