



Slow-Cooker Orange-BBQ Pulled Pork Sandwiches

 Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz original barbecue sauce kraft
- ☐ 3 lb boston butt pork shoulder boneless
- ☐ 1 juice of orange
- ☐ 0.5 cup real mayo mayonnaise kraft
- ☐ 12 sandwich rolls split toasted

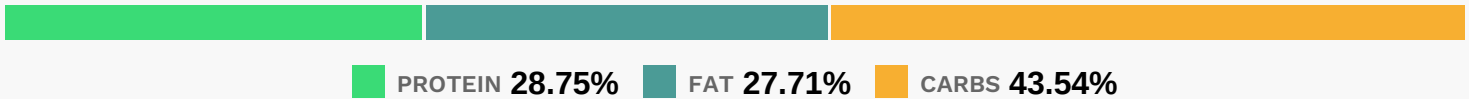
Equipment

- ☐ slow cooker

Directions

- ☐
- Pour barbecue sauce and orange juice over meat in slow cooker; cover with lid.
- ☐
- Cook on LOW 8 to 10 hours (or on HIGH 4 to 6 hours).
- ☐
- Remove meat from slow cooker; cut into small pieces or shred with fork. Return to slow cooker; stir to evenly coat meat with sauce.
- ☐
- Spread rolls with mayo; fill with meat.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:22.276956490524%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 449.88kcal (22.49%), Fat: 13.57g (20.87%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 46.26g (16.82%), Sugar: 15.6g (17.33%), Cholesterol: 71.96mg (23.99%), Sodium: 868.63mg (37.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.35%), Selenium: 52.32µg (74.74%), Vitamin B1: 1.02mg (67.94%), Vitamin B3: 13.58mg (67.9%), Vitamin B2: 0.75mg (43.88%), Vitamin B6: 0.87mg (43.67%), Phosphorus: 328mg (32.8%), Zinc: 2.84mg (18.91%), Iron: 3.18mg (17.67%), Potassium: 600.73mg (17.16%), Manganese: 0.33mg (16.65%), Vitamin B12: 1µg (16.63%), Vitamin K: 16.33µg (15.55%), Vitamin B5: 1.44mg (14.43%), Folate: 56.97µg (14.24%), Magnesium: 51.04mg (12.76%), Copper: 0.21mg (10.68%), Calcium: 77.42mg (7.74%), Fiber: 1.7g (6.81%), Vitamin E: 0.98mg (6.52%), Vitamin C: 2.76mg (3.34%), Vitamin A: 111.32IU (2.23%)