



Slow-Cooker Pulled Jerk Pork Sandwiches

 Dairy Free

READY IN



530 min.

SERVINGS



8

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups barbecue sauce
- ☐ 2.5 lb pork shoulder boneless
- ☐ 1 cup coca-cola
- ☐ 8 10-inch flour tortilla
- ☐ 1 tablespoon walkerswood jamaican jerk seasoning dry ()
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon thyme leaves dried

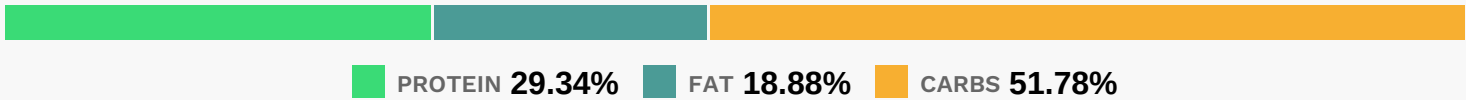
Equipment

☐ slow cooker

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Remove fat from pork. Rub jerk seasoning over pork; sprinkle with thyme.
- ☐ Place pork in slow cooker.
- ☐ Sprinkle with onion.
- ☐ Pour cola over pork.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Remove pork from slow cooker; reserve 1/2 cup juices. Use 2 forks to pull pork into shreds.
- ☐ Place pork in slow cooker. Stir in barbecue sauce and reserved juices. Increase heat setting to High. Cover; cook 30 to 45 minutes or until thoroughly heated. Spoon filling onto buns.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:12.91, Inflammation Score:-7, Nutrition Score:27.83739157345%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 535kcal (26.75%), Fat: 11.02g (16.96%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 64.4g (23.42%), Sugar: 29.48g (32.75%), Cholesterol: 85.05mg (28.35%), Sodium: 1346.18mg (58.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.09%), Vitamin B3: 17.26mg (86.3%), Vitamin B1: 1.29mg (86%), Selenium: 53.39µg (76.28%), Vitamin B6: 1.15mg (57.58%), Vitamin B2: 0.91mg (53.47%), Phosphorus: 492.02mg (49.2%), Iron: 4.5mg (24.99%), Manganese: 0.49mg (24.36%), Potassium: 824.26mg (23.55%), Zinc: 3.32mg (22.16%), Vitamin B12: 1.23µg (20.55%), Folate: 69.44µg (17.36%), Vitamin B5: 1.65mg (16.45%), Magnesium: 64.14mg (16.03%), Fiber: 3.62g (14.48%), Calcium: 142.16mg (14.22%), Copper: 0.25mg (12.33%), Vitamin A: 459.83IU (9.2%), Vitamin E: 1.07mg (7.13%), Vitamin K: 7.42µg (7.07%), Vitamin C: 1.28mg (1.55%)