



Slow-Cooker Pulled Pork

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

READY IN



465 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon brown sugar packed
- 2.5 lb pork shoulder boneless
- 0.3 cup water
- 1 cup barbecue sauce

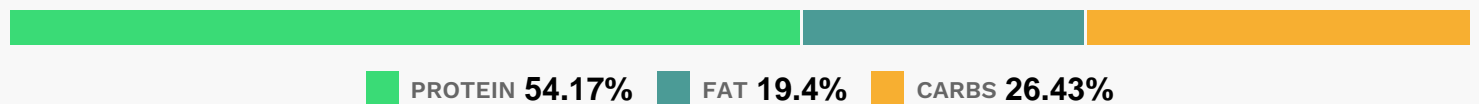
Equipment

- bowl
- slow cooker
- cutting board

Directions

- In small bowl, stir together paprika, salt, garlic powder and brown sugar.
- Spray 5- to 6-quart slow cooker with cooking spray. Rub paprika mixture on pork to cover completely.
- Place pork in slow cooker.
- Pour water around pork.
- Cover; cook on Low heat setting 7 to 8 hours or High heat setting 3 to 4 hours, until extremely tender.
- Transfer pork to cutting board.
- Let rest until cool enough to handle. Use 2 forks to shred pork.
- Discard liquid in slow cooker. Wipe out slow cooker. Spray slow cooker with cooking spray. Return shredded pork to slow cooker; stir in barbecue sauce until well mixed. Cover; cook on High heat setting 10 to 15 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:34.816087173379%

Nutrients (% of daily need)

Calories: 494.24kcal (24.71%), Fat: 10.32g (15.88%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.32g (11.03%), Sugar: 24.91g (27.67%), Cholesterol: 170.1mg (56.7%), Sodium: 1473.57mg (64.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.86g (129.72%), Vitamin B3: 27.83mg (139.16%), Vitamin B1: 1.85mg (123.6%), Vitamin B6: 2.15mg (107.54%), Selenium: 74.37µg (106.25%), Vitamin B2: 1.38mg (81.23%), Phosphorus: 672.14mg (67.21%), Vitamin B12: 2.47µg (41.11%), Zinc: 5.75mg (38.34%), Potassium: 1287.79mg (36.79%), Vitamin B5: 2.95mg (29.52%), Magnesium: 86.95mg (21.74%), Vitamin A: 1022.1IU (20.44%), Iron: 3.41mg (18.92%), Copper: 0.29mg (14.33%), Vitamin E: 1.31mg (8.75%), Manganese: 0.17mg (8.35%), Fiber: 1.32g (5.29%), Calcium: 49.67mg (4.97%), Vitamin K: 2.7µg (2.57%)