



Slow-Cooker Pulled Pork



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 1 teaspoon brown sugar packed
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon kosher salt (coarse)
- ☐ 1 tablespoon paprika
- ☐ 2.5 lb pork loin
- ☐ 1 cup water

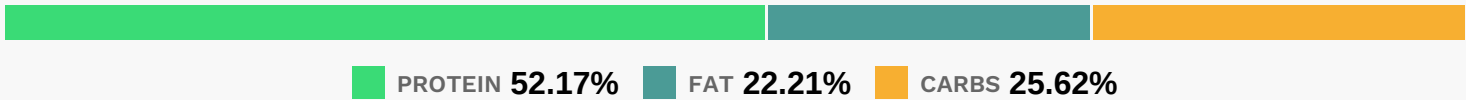
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In small bowl, stir together salt, paprika, garlic powder and brown sugar.
- ☐ Spray 4- to 6-quart slow cooker with cooking spray. Rinse pork roast under cool water. Rub salt mixture on pork to cover completely.
- ☐ Place pork in slow cooker.
- ☐ Add water to side of pork.
- ☐ Cover; cook on High heat setting 5 to 6 hours.
- ☐ In slow cooker, use 2 forks to shred pork. Stir in barbecue sauce until well mixed.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:30.268695841665%

Nutrients (% of daily need)

Calories: 508.41kcal (25.42%), Fat: 12.19g (18.76%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.32g (11.03%), Sugar: 24.91g (27.67%), Cholesterol: 178.6mg (59.53%), Sodium: 2624.35mg (114.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.43g (128.87%), Selenium: 79.76µg (113.95%), Vitamin B6: 2.24mg (112.21%), Vitamin B1: 1.28mg (85.42%), Vitamin B3: 16.9mg (84.48%), Phosphorus: 660.8mg (66.08%), Potassium: 1276.69mg (36.48%), Zinc: 5.33mg (35.56%), Vitamin B2: 0.59mg (34.87%), Vitamin B12: 1.45µg (24.1%), Vitamin B5: 2.28mg (22.8%), Magnesium: 87.42mg (21.86%), Vitamin A: 1022.1IU (20.44%), Iron: 2.42mg (13.46%), Copper: 0.24mg (12.18%), Vitamin E: 1.45mg (9.7%), Vitamin D: 1.13µg (7.56%), Manganese: 0.15mg (7.51%), Fiber: 1.32g (5.29%), Calcium: 46.05mg (4.61%), Vitamin K: 2.7µg (2.57%)