



Slow Cooker Pulled Pork

 Dairy Free

READY IN



430 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce your favorite
- 8 hamburger buns split lightly toasted
- 2 pound pork tenderloin

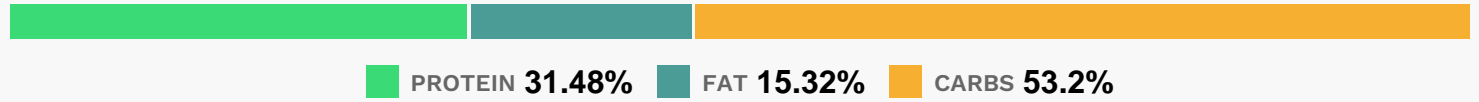
Equipment

- slow cooker

Directions

- Place the pork tenderloin in a slow cooker; pour the root beer over the meat. Cover and cook on low until well cooked and the pork shreds easily, 6 to 7 hours. Note: the actual length of time may vary according to individual slow cooker.
- Drain well. Stir in barbecue sauce.
- Serve over hamburger buns.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:20.473478166953%

Nutrients (% of daily need)

Calories: 365.76kcal (18.29%), Fat: 6.09g (9.36%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 46.22g (16.81%), Sugar: 24.31g (27.01%), Cholesterol: 73.71mg (24.57%), Sodium: 928.39mg (40.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Vitamin B1: 1.36mg (90.78%), Selenium: 46.88µg (66.98%), Vitamin B3: 9.67mg (48.37%), Vitamin B6: 0.94mg (47.12%), Phosphorus: 331.74mg (33.17%), Vitamin B2: 0.55mg (32.09%), Potassium: 646.1mg (18.46%), Zinc: 2.54mg (16.95%), Manganese: 0.33mg (16.7%), Iron: 2.98mg (16.57%), Magnesium: 48.8mg (12.2%), Vitamin B12: 0.68µg (11.26%), Vitamin B5: 1.05mg (10.54%), Folate: 41.7µg (10.42%), Copper: 0.19mg (9.69%), Calcium: 89.77mg (8.98%), Vitamin E: 0.88mg (5.84%), Fiber: 1.35g (5.39%), Vitamin K: 3.21µg (3.06%), Vitamin A: 145.58IU (2.91%), Vitamin D: 0.34µg (2.27%), Vitamin C: 0.94mg (1.14%)