



Slow Cooker Pulled Pork Roast

 Dairy Free

READY IN



610 min.

SERVINGS



8

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 1 cup apple cider vinegar heinz®
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons coriander
- ☐ 2 teaspoons cornstarch
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup fancy molasses

- ☐ 0.3 cup mustard heinz®
- ☐ 2 teaspoons paprika
- ☐ 2 teaspoons pepper
- ☐ 3 pork butt roast
- ☐ 0.5 teaspoon salt
- ☐ 8 servings rolls soft
- ☐ 1.5 cups heinz tomato ketchup
- ☐ 1 tablespoon vegetable oil

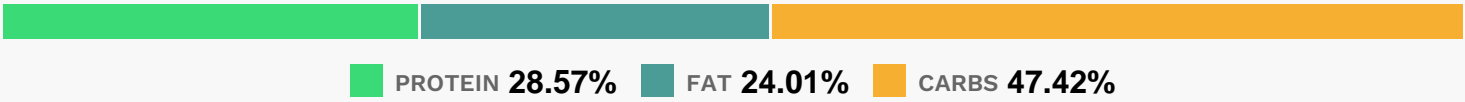
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Remove all string from the roast and trim away excess fat.
- ☐ Place the chili powder in a bowl; blend in the oil, chili, pepper, cumin, coriander, paprika, allspice, salt and garlic to make a paste. Rub all over the pork, working the spice mixture into the meat well. Marinate for at least 30 minutes or overnight.
- ☐ Transfer the roast to a slow cooker.
- ☐ Blend the ketchup with the vinegar, molasses and mustard.
- ☐ Pour mixture over the roast and cook on low for 8 to 10 hours or until very tender.
- ☐ Transfer the roast to a large bowl; discard any visible fat. Use two forks to separate the meat into long strands.
- ☐ Remove 1 1/2 cups of the cooking juices and strain into a saucepan.
- ☐ Whisk in the cornstarch and bring to a boil. Cook, stirring, until thickened and bubbling. Return the shredded meat to the slow cooker; stir to combine with remaining cooking juices.
- ☐ Serve the meat on soft rolls; drizzle with thickened sauce mixture to taste.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:30.2, Inflammation Score:-7, Nutrition Score:29.38739108521%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 541.2kcal (27.06%), Fat: 14.31g (22.02%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 61.18g (22.25%), Sugar: 30.06g (33.4%), Cholesterol: 101.25mg (33.75%), Sodium: 1097.17mg (47.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.32g (76.65%), Iron: 14.75mg (81.92%), Selenium: 55.62µg (79.46%), Vitamin B1: 0.98mg (65.63%), Vitamin B6: 1.14mg (57.19%), Vitamin B2: 0.75mg (44.06%), Vitamin B3: 8.51mg (42.54%), Zinc: 5.99mg (39.95%), Phosphorus: 382.06mg (38.21%), Manganese: 0.63mg (31.62%), Potassium: 1095.67mg (31.3%), Vitamin B5: 2.9mg (28.99%), Magnesium: 106.04mg (26.51%), Vitamin B12: 1.54µg (25.59%), Copper: 0.35mg (17.58%), Vitamin A: 793.18IU (15.86%), Vitamin E: 1.79mg (11.92%), Calcium: 103.01mg (10.3%), Fiber: 2.42g (9.69%), Vitamin D: 1.01µg (6.75%), Vitamin K: 7.03µg (6.69%), Vitamin C: 2.28mg (2.76%), Folate: 5.56µg (1.39%)