



Slow Cooker Pulled Pork with Orange Juice

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

READY IN



375 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons garlic minced
- 8 servings salt and ground pepper black to taste
- 0.5 cup orange juice
- 5 pound pork butt roast
- 1 tablespoon mustard stone-ground to taste
- 1 large onion sweet chopped vidalia® (such as)
- 1 cup water

Equipment

- bowl
- slotted spoon
- slow cooker

Directions

- Place pork butt in a slow cooker with the fattier side facing upwards.
- Pour water and orange juice into the slow cooker. Season pork and liquid with salt and pepper.
- Mix garlic and mustard together in a small bowl; spread over the top of the pork butt.
- Sprinkle onion over the pork.
- Cook on Low, turning the butt a few times, until the meat falls apart easily when pulled with a fork, 6 to 8 hours.
- Remove pork from slow cooker; allow to sit until cool enough to handle. Trim away and discard any visible chunks of fat. Shred remaining pork into strands. Return shredded pork to the slow cooker; stir.
- Remove portions of pork from slow cooker with a slotted spoon to serve.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:32.508695800667%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 398.06kcal (19.9%), Fat: 16.33g (25.12%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.85g (1.77%), Sugar: 3.42g (3.8%), Cholesterol: 170.1mg (56.7%), Sodium: 210.12mg (9.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.45%), Selenium: 81.02µg (115.75%), Vitamin B1: 1.62mg (107.96%), Vitamin B6: 1.56mg (77.86%), Vitamin B2: 1.1mg (64.98%), Zinc: 9.62mg (64.14%), Vitamin B3: 12.58mg (62.88%), Phosphorus: 590.94mg (59.09%), Vitamin B5: 4.53mg (45.28%), Vitamin B12: 2.58µg (43%), Potassium: 1051.44mg (30.04%), Iron: 3.61mg (20.03%), Magnesium: 69.54mg (17.38%), Copper: 0.33mg (16.55%), Vitamin C: 10.21mg (12.38%), Vitamin D: 1.7µg (11.34%), Manganese: 0.12mg (5.81%), Calcium: 54.9mg (5.49%), Vitamin E: 0.7mg (4.69%), Folate: 14.36µg (3.59%), Fiber: 0.54g (2.16%)