



Slow-Cooker Pulled Pork with Root Beer Sauce

 Dairy Free

READY IN



435 min.

SERVINGS



12

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 lb pork loin boneless
- ☐ 2 teaspoons salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup onion chopped
- ☐ 24 oz root beer canned (3 cups)
- ☐ 12 oz chili sauce

- ☐ 0.5 teaspoon salt
- ☐ 12 sandwich rolls

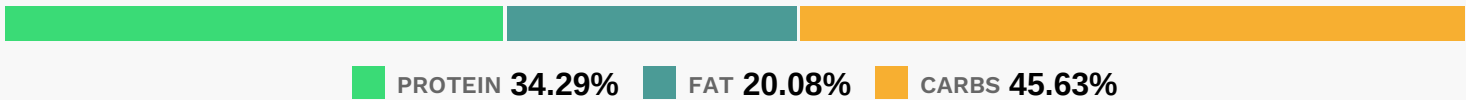
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, heat oil over high heat. Cook pork roast in oil 6 to 10 minutes or until brown on all sides.
- ☐ In 3- to 4-quart slow cooker, place pork roast, 2 teaspoon salt, the pepper, onion and 1 cup of the root beer. Cover; cook on Low heat setting 7 to 8 hours.
- ☐ About 30 minutes before serving, in 4-quart saucepan or Dutch oven, heat remaining 2 cups root beer, the chili sauce and 1/2 teaspoon salt to boiling over medium-high heat. Reduce heat to medium. Cook 8 to 10 minutes, stirring occasionally, until mixture is glossy and reduced to 2 1/2 to 3 cups.
- ☐ Remove pork from slow cooker, discarding cooking liquid. Shred pork, using 2 forks to pull pork apart. Stir in chili sauce mixture. To serve, spoon about 1/2 cup pork mixture in each bun.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:19.321739445562%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 378.92kcal (18.95%), Fat: 8.28g (12.74%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 40.21g (14.62%), Sugar: 11.07g (12.3%), Cholesterol: 71.44mg (23.81%), Sodium: 1237.66mg (53.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.65%), Selenium: 54.11µg (77.29%), Vitamin B1: 0.8mg (53.57%), Vitamin B3: 9.39mg (46.97%), Vitamin B6: 0.93mg (46.49%), Phosphorus: 328.95mg (32.9%), Vitamin B2: 0.43mg (25.02%), Zinc: 2.68mg (17.84%), Potassium: 602.07mg (17.2%), Iron: 2.76mg (15.35%), Manganese: 0.3mg (14.9%), Folate: 57.98µg (14.5%), Magnesium: 49.66mg (12.42%), Vitamin B5: 1.09mg (10.88%), Copper: 0.2mg (10.18%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.13g (8.5%), Calcium: 70.53mg (7.05%), Vitamin E: 1.03mg (6.84%), Vitamin C: 5.03mg (6.1%), Vitamin K: 4.06µg (3.87%), Vitamin A: 193.37IU (3.87%), Vitamin D: 0.45µg (3.02%)