



# Slow-Cooker Spicy Molasses Pulled-Pork Sandwiches

 Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pound pork loin boneless (chef's prime)
- 1 envelope seasoning (from 2.4-ounce package)
- 2 tablespoons blackstrap molasses
- 0.3 teaspoon ground pepper red (cayenne)
- 12 hawaiian rolls split

## Equipment

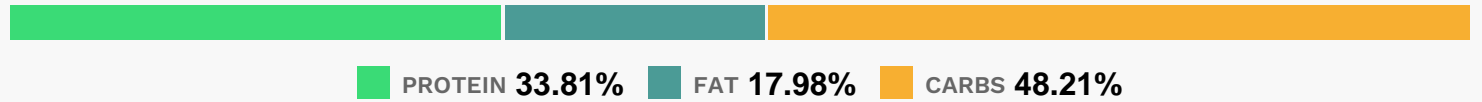
- slotted spoon

- slow cooker
- cutting board

## Directions

- Place pork roast in 3- to 4-quart slow cooker. Top with soup mix (dry), molasses and red pepper.
- Cover and cook on low heat setting 7 to 9 hours.
- Remove pork from cooker; place on cutting board. Shred pork using 2 forks. Stir shredded pork into juices in cooker. To serve, remove pork with slotted spoon; fill each bun with 1/2 cup pork.

## Nutrition Facts



## Properties

Glycemic Index:11.92, Glycemic Load:13.98, Inflammation Score:-3, Nutrition Score:10.776086812434%

## Nutrients (% of daily need)

Calories: 204.83kcal (10.24%), Fat: 4g (6.15%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 23.29g (8.47%), Sugar: 5.63g (6.25%), Cholesterol: 35.72mg (11.91%), Sodium: 241.47mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Selenium: 28µg (40%), Vitamin B1: 0.49mg (32.42%), Vitamin B3: 5.09mg (25.47%), Vitamin B6: 0.48mg (23.97%), Phosphorus: 172.28mg (17.23%), Manganese: 0.3mg (14.89%), Vitamin B2: 0.23mg (13.8%), Iron: 1.97mg (10.96%), Folate: 40.66µg (10.17%), Potassium: 315.07mg (9%), Zinc: 1.35mg (8.98%), Magnesium: 32.99mg (8.25%), Calcium: 72.98mg (7.3%), Vitamin B12: 0.38µg (6.25%), Copper: 0.1mg (4.83%), Vitamin B5: 0.45mg (4.5%), Fiber: 0.82g (3.28%), Vitamin K: 2.62µg (2.49%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.22mg (1.45%)