



Slow Cookers BBQ Pulled Pork

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup firmly brown sugar packed
- 0.3 cup cider vinegar
- 0.5 cup catsup
- 3 pounds pork shoulder roast boneless trimmed
- 1 package mccormick® slow cookers bbq pulled pork seasoning

Equipment

- slow cooker

Directions

- Place pork in slow cooker.
- Mix Seasoning
- Mix, ketchup, brown sugar and vinegar until blended.
- Pour over pork. Cover.
- Cook 8 hours on LOW or 4 hours on HIGH.
- Remove pork from slow cooker.
- Shred pork, using 2 forks. Return pork to slow cooker.
- Mix and heat with sauce before serving.
- Serve on sandwich rolls, if desired.

Nutrition Facts



PROTEIN 55.59% FAT 18.85% CARBS 25.56%

Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:17.196956449877%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 228.6kcal (11.43%), Fat: 4.65g (7.15%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 14.14g (5.14%), Sugar: 13.27g (14.75%), Cholesterol: 81.69mg (27.23%), Sodium: 186.4mg (8.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.64%), Vitamin B3: 13.25mg (66.25%), Vitamin B1: 0.88mg (58.6%), Selenium: 35.33µg (50.47%), Vitamin B6: 1.01mg (50.3%), Vitamin B2: 0.65mg (38.39%), Phosphorus: 315.82mg (31.58%), Vitamin B12: 1.18µg (19.73%), Zinc: 2.68mg (17.87%), Potassium: 568.54mg (16.24%), Vitamin B5: 1.36mg (13.56%), Magnesium: 38.33mg (9.58%), Iron: 1.35mg (7.49%), Copper: 0.12mg (5.97%), Manganese: 0.06mg (2.89%), Calcium: 21.06mg (2.11%), Vitamin E: 0.28mg (1.89%), Vitamin A: 61.71IU (1.23%)