



South Carolina Sliders

 Dairy Free

READY IN



550 min.

SERVINGS



6

CALORIES



619 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 1 teaspoon onion powder
- ☐ 1.5 teaspoons paprika
- ☐ 4 lb pork shoulder roast bone-in (Boston butt)

- ☐ 2.5 teaspoons salt
- ☐ 6 servings lowcountry slaw
- ☐ 15 oz slider sandwich buns miniature
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 1 cup mustard yellow

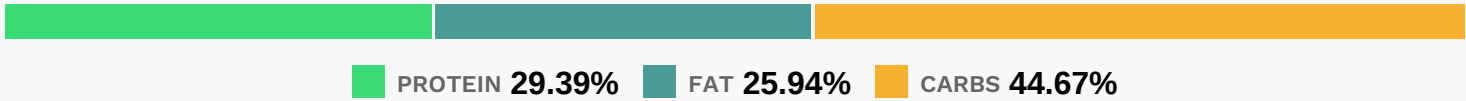
Equipment

- ☐ oven
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Stir together first 6 ingredients. Rub brown sugar mixture over roast; place roast in a lightly greased 6-qt. slow cooker.
- ☐ Whisk together mustard and next 3 ingredients.
- ☐ Pour mustard mixture over top of roast. Cover and cook on LOW 8 to 10 hours (or on HIGH 4 to 6 hours) or until meat shreds easily with a fork.
- ☐ Let stand 15 minutes. Shred pork with a fork; stir until sauce is incorporated.
- ☐ Bake slider buns according to package directions. Split buns. Spoon 1/4 cup barbecued pork and 1/4 cup Lowcountry Slaw onto each bun bottom. Cover with tops of buns, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.71, Glycemic Load:8.33, Inflammation Score:-6, Nutrition Score:29.598695672077%

Nutrients (% of daily need)

Calories: 618.73kcal (30.94%), Fat: 17.72g (27.27%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 68.67g (22.89%), Net Carbohydrates: 64.86g (23.58%), Sugar: 29.49g (32.77%), Cholesterol: 123.59mg (41.2%), Sodium: 1976.63mg

(85.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.18g (90.35%), Selenium: 96.83µg (138.33%), Vitamin B1: 2.06mg (137.1%), Vitamin B3: 11.24mg (56.22%), Vitamin B2: 0.86mg (50.78%), Phosphorus: 497.74mg (49.77%), Zinc: 6.84mg (45.61%), Vitamin B6: 0.86mg (42.97%), Iron: 5.69mg (31.6%), Manganese: 0.6mg (29.8%), Vitamin B12: 1.55µg (25.82%), Potassium: 842.01mg (24.06%), Magnesium: 82.2mg (20.55%), Folate: 81.49µg (20.37%), Vitamin B5: 1.98mg (19.83%), Copper: 0.35mg (17.63%), Fiber: 3.82g (15.26%), Calcium: 137.14mg (13.71%), Vitamin A: 358.32IU (7.17%), Vitamin E: 0.65mg (4.31%), Vitamin C: 2.52mg (3.05%), Vitamin K: 2.37µg (2.26%)