



Southern Pulled Pork

 Gluten Free

READY IN



390 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds roasted boneless
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cajun spice
- ☐ 4 cloves garlic crushed
- ☐ 1 tablespoon liquid smoke flavoring
- ☐ 1 medium onion chopped
- ☐ 4 cups water

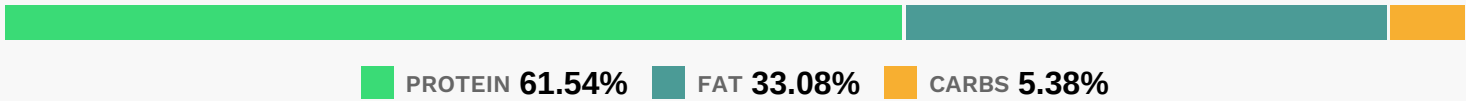
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cut the pork roast into large chunks. Season generously with the Cajun seasoning. Melt butter in a large skillet over medium-high heat.
- ☐ Add pork, and brown on all sides.
- ☐ Remove from the skillet, and transfer to a slow cooker.
- ☐ Add the onion and garlic to the skillet, and cook for a few minutes until tender. Stir in the water scraping the bottom to include all of the browned pork bits from the bottom of the pan, then pour the whole mixture into the slow cooker with the pork. Stir in liquid smoke flavoring.
- ☐ Cover, and cook on High for 6 hours, or until meat is falling apart when pierced with a fork.
- ☐ Remove pieces of pork from the slow cooker, and shred. Return to the slow cooker to keep warm while serving.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:16.757825929186%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 229.91kcal (11.5%), Fat: 8.21g (12.63%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.92g (1.02%), Cholesterol: 100.27mg (33.42%), Sodium: 104.39mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.73%), Vitamin B6: 1.21mg (60.67%), Selenium: 42.35µg (60.51%), Vitamin B1: 0.69mg (45.75%), Vitamin B3: 8.84mg (44.2%), Phosphorus: 352.79mg (35.28%), Zinc: 2.84mg (18.96%), Vitamin B2: 0.31mg (17.94%), Potassium: 627.43mg (17.93%), Vitamin B12: 0.78µg (12.92%), Vitamin A: 633.49IU (12.67%), Vitamin B5: 1.19mg (11.93%), Magnesium: 45.35mg (11.34%), Copper: 0.13mg (6.72%), Iron: 1.14mg (6.31%), Manganese: 0.09mg (4.31%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.6mg (3.97%), Fiber: 0.76g (3.04%), Vitamin C: 1.99mg (2.41%), Calcium: 23.36mg (2.34%), Vitamin K: 1.21µg (1.15%), Folate: 4.18µg (1.05%)