

# Teriyaki Pulled Pork Sandwiches

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 20 ounces pineapple rings drained sliced canned
- 3 tablespoons flour all-purpose
- 8 hamburger buns whole wheat split
- 2 teaspoons olive oil
- 1 cup onion finely chopped
- 0.5 cup pineapple juice unsweetened
- 3 pounds pork shoulder boneless
- 1 cup teriyaki sauce divided reduced-sodium

## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- Cut roast in half. In a large skillet, brown roast in oil; place in a 5-qt. slow cooker.
- Add the onion, 1/2 cup teriyaki sauce and pineapple juice. Cover and cook on low for 7-9 hours or until meat is tender.
- Remove roast; set aside. In a small bowl, combine flour and remaining teriyaki sauce until smooth; stir into cooking juices. Cover and cook on high for 30-40 minutes or until thickened.
- Shred meat with two forks; return to the slow cooker and heat through. Spoon 1/2 cup onto each bun; top with a pineapple slice.

## Nutrition Facts

**PROTEIN 41.56%** **FAT 19.7%** **CARBS 38.74%**

## Properties

Glycemic Index:18.5, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:30.731304376022%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 443.83kcal (22.19%), Fat: 9.63g (14.82%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 39.51g (14.37%), Sugar: 20.32g (22.58%), Cholesterol: 102.06mg (34.02%), Sodium: 1678.63mg (72.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.44%), Vitamin B3: 19.22mg (96.11%), Vitamin B1: 1.43mg (95.23%), Selenium: 59.94µg (85.63%), Vitamin B6: 1.4mg (69.93%), Vitamin B2: 0.99mg (58.41%), Phosphorus: 514.84mg (51.48%), Manganese: 0.6mg (29.99%), Potassium: 935.25mg (26.72%), Zinc: 3.97mg (26.44%), Magnesium: 101.01mg (25.25%), Vitamin B12: 1.48µg (24.74%), Iron: 4.33mg (24.03%), Vitamin B5: 2.01mg (20.09%), Copper: 0.36mg (18.02%), Folate: 67.98µg (16.99%), Fiber: 3.11g (12.45%), Vitamin C: 9.62mg

(11.66%), Calcium: 81.95mg (8.19%), Vitamin K: 2.63μg (2.5%), Vitamin E: 0.33mg (2.23%)