

Wildfire Pulled Pork Sandwiches

 Dairy Free

READY IN



370 min.

SERVINGS



12

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce bob evans®
- 1 teaspoon chili powder
- 3.5 pounds roasted
- 1 small bell pepper red thinly sliced
- 12 sandwich rolls
- 0.3 cup water

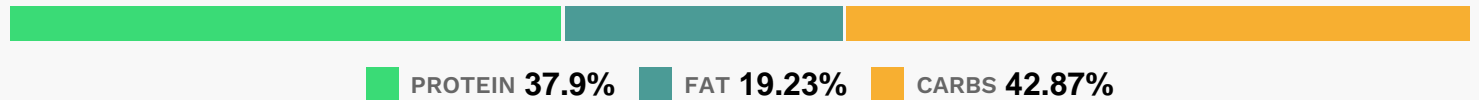
Equipment

- slow cooker

Directions

- Place pork roast into slow cooker.
- Add 1/4 cup water.
- Combine Wildfire sauce, red pepper and chili powder.
- Pour over pork. Cover and heat on low for 6 to 8 hours.
- Remove pork from slow cooker and shred with 2 forks.
- Combine with sauce in slow cooker.
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:20.843478482703%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.71kcal (19.24%), Fat: 8.01g (12.33%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 38.5g (14%), Sugar: 9.19g (10.21%), Cholesterol: 83.35mg (27.78%), Sodium: 623.62mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.09%), Selenium: 59.28µg (84.69%), Vitamin B1: 0.87mg (57.85%), Vitamin B6: 1.06mg (52.91%), Vitamin B3: 10.24mg (51.2%), Phosphorus: 361.54mg (36.15%), Vitamin B2: 0.46mg (27%), Zinc: 2.98mg (19.87%), Potassium: 627.91mg (17.94%), Manganese: 0.31mg (15.56%), Iron: 2.79mg (15.51%), Folate: 57.51µg (14.38%), Magnesium: 53.92mg (13.48%), Vitamin B5: 1.28mg (12.79%), Vitamin B12: 0.67µg (11.25%), Vitamin C: 8.04mg (9.74%), Copper: 0.19mg (9.52%), Calcium: 69.76mg (6.98%), Fiber: 1.71g (6.85%), Vitamin A: 295.88IU (5.92%), Vitamin E: 0.76mg (5.09%), Vitamin D: 0.53µg (3.53%), Vitamin K: 1.25µg (1.19%)