

Pulled Pork with Ginger Sauce

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Servings: 6

2 medium onions, chopped
1 three-pound boneless pork shoulder
butt roast, trimmed
1 teaspoon salt
1/2 teaspoon pepper
1 cup ketchup
3 tablespoons lemon juice
2 tablespoons Worcestershire sauce
2 tablespoons honey
4 teaspoons butter, melted
1 teaspoon ground coriander
1 teaspoon fresh gingerroot, minced
hamburger buns
green onions, thinly sliced

Preparation Time: 15 minutes

Cook Time: 7 hours

Place the onions in a five-quart slow cooker.

Sprinkle the roast with salt and pepper. Add to the slow cooker. Cook, covered, on LOW for six to eight hours or until the pork is tender.

Remove the pork and onions. Cool slightly. Discard the cooking juices or save for another use. Shred the pork with two forks. Return the pork and onions to the slow cooker.

In a small bowl, mix the ketchup, lemon juice, Worcestershire sauce, honey, butter, coriander and ginger. Stir into the pork mixture.

Cook, covered, on LOW for one hour.

Serve on the buns and top with green onions.

Per Serving (excluding unknown items): 107 Calories; 3g Fat (21.5% calories from fat); 1g Protein; 22g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 906mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	107	Vitamin B6 (mg):	.1mg
% Calories from Fat:	21.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	74.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace

Total Fat (g): 3g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 7mg
Carbohydrate (g): 22g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 906mg
Potassium (mg): 310mg
Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 21mg
Vitamin A (i.u.): 510IU
Vitamin A (r.e.): 66 1/2RE

Folacin (mcg): 14mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 107 Calories from Fat: 23

% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	8%
Cholesterol	7mg	2%
Sodium	906mg	38%
Total Carbohydrates	22g	7%
Dietary Fiber	1g	5%
Protein	1g	

Vitamin A	10%
Vitamin C	35%
Calcium	3%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.