

# Pulled Pork with Pineapple BBQ Sauce

Makes 8 servings (½ cup servings)

## Ingredients

- 2 pounds pork tenderloin
- 1 ½ cups no-sugar-added barbecue sauce
- 1 cup canned crushed no-sugar-added pineapple with juice
- 2 cloves garlic (minced)
- 1 small onion (diced)



## Directions

1. Add all of the ingredients to a slow cooker.
2. Cook on high for 8 hours.
3. Shred the meat with two forks. Serve the pulled pork in a lower-carb wrap, in lettuce “cups,” or on a salad. If desired, serve with extra barbecue sauce.

## Nutrition Facts

Serving Size ½ cup  
Servings Per Container 8

### Amount Per Serving

**Calories 190**

### % Daily Value\*

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 25g	<b>50%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

