

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 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 190

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 400mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 25g	50%

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

