

Low Carb Slow Cooker Spicy Pulled Pork

Prep Time: 5 Min Cook Time: 8 Hours Total Time: 8 Hours, 5 Min



SERVINGS: 8

Nutritional Facts

Serving Size: 2/3 cup

Amount Per Serving

Calories 240

Calories from Fat 39

% Daily Value*

Total Fat 4g	6%
Saturated Fat 1g	6%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 111mg	37%
Sodium 969mg	42%
Total Carbohydrate 9g	5%
Dietary Fiber 2g	6%
Sugars 6g	

Protein 37g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 3 lbs lean pork tenderloin
- 1 onion, quartered
- 4 garlic cloves, sliced
- 4 jalapenos, whole
- 1 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 2 tsp salt
- 2 tsp cumin
- 1 tsp pepper
- 1 cup barbecue sauce (no sugar added or low sugar)
- 1/2 cup low sodium chicken broth

Directions

- 1 Mix together all of the spices and rub over the pork tenderloin. Add the onions, garlic, and whole jalapenos to the slow cooker. Place the pork on top.
- 2 Mix together the barbecue sauce and chicken broth. Pour over the pork.
- 3 Cook on low for 8 hours. Shred with two forks and let pork rest in sauce for 30 minutes with the slow cooker open and on low for the sauce to thicken.

Notes

