

Slow Cooker Cranberry BBQ Pulled Pork

Ingredients

- 1 boneless pork shoulder roast (4 to 6 pounds)
- 2/3 cup apple juice, divided
- 1 1/2 teaspoons salt, divided
- 1 can (14 oz.) whole-berry cranberry sauce
- 1 cup ketchup
- 3 tablespoons brown sugar
- 4 1/2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- Dash of cayenne pepper (optional)

Instructions

Place the roast in a slow cooker. Add 1/3 cup of the apple juice and 1 teaspoon of the salt. Cover and cook on low for 8-10 hours or until the meat is tender.

Remove the roast and set aside to cool. In a small saucepan, combine the cranberry sauce, ketchup, remaining 1/3 cup apple juice, brown sugar, chili powder, garlic powder, onion powder, dash of cayenne, and the remaining 1/2 teaspoon salt. Cook over medium heat for 5 minutes or until slightly thickened, stirring frequently.

Skim the fat from the cooking juices in the slow cooker; set aside 1/2 cup of the juices and discard what remains. When cool enough to touch, shred the pork with 2 forks and return it to the slow cooker.

Stir in the reserved cooking juices and the sauce. Cover and cook on low for about 1 hour or until heated through. Yield: 12 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.



Nutrition Facts

Servings: 12

Amount per serving

Calories **168**

% Daily Value*

Total Fat 8.3g **11%**

Saturated Fat 3g **15%**

Cholesterol 34mg **11%**

Sodium 552mg **24%**

Total Carbohydrate 14.5g **5%**

Dietary Fiber 0.7g **2%**

Total Sugars 11.5g

Protein 9.4g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 1mg **5%**

Potassium 244mg **5%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**