

BBQ Pulled Pork



*Smart Cuisine
and Carb Smart.*

4 Servings

Ingredients:	Instructions:
<p><u>Rub:</u> ½ tsp Salt ½ tsp Black Pepper, ground ½ tsp Garlic Powder ½ tsp Brown Sugar ½ tsp Onion Powder ½ tsp Cumin, ground ½ tsp Paprika</p> <p>2lb Pork Tenderloin, raw</p> <p><u>Sauce:</u> 3 Tbsp BBQ Sauce 2 tsp Dijon Mustard 1 Tbsp Brown Sugar.</p>	<p>Combine Seasoning Rub ingredients, Salt, Black Pepper, Garlic Powder, Brown Sugar, Onion Powder, Cumin Powder, and Paprika. Mix well. Rub seasoning into pork.</p> <p>Place pork in a roasting pan. Cook in a 300°F oven for 3 – 4 Hours. Minimum Internal temperature should be 155°F. Let pork cool.</p> <p>Shred pork and drain as much oil as possible. Mix BBQ sauce, mustard, and brown sugar and combine with pork.</p>

Nutrition Facts per serving – 6oz: 250 calories, 4g Fat, 1.5g Sat. Fat, 0g Trans Fat, 125g Cholesterol, 540mg Sodium, 11g Carbs, 0g Fiber, 9g added sugar, 40g Protein.