

# Southern Pulled Pork

Yield: 6 min

Total Time: 390 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-southern-pulled-pork-recipe>

## Ingredients:

- 1 tablespoon butter
- 2 pounds pork roast boneless
- 1 tablespoon Cajun seasoning
- 1 onion medium, chopped
- 4 cloves garlic crushed
- 4 cups water
- 1 tablespoon flavoring liquid smoke

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 100 milligrams
4. Fat: 8 grams
5. Protein: 34 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1280 milligrams
8. Sugar: 1 grams

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