

6 Ingredient Pulled Jackfruit

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-jackfruit-recipe>

Ingredients:

- 40 ounces jackfruit young green, in brine or water, not in syrup!
- 1 tablespoon olive oil
- 1/2 yellow onion sliced
- 3 cloves garlic minced
- 1/4 cup vegetable broth or water
- 3/4 cup bbq sauce

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 47 grams
3. Fat: 3.5 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. Sodium: 570 milligrams
7. Sugar: 29 grams

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