

# The Best Vegan Pulled Pork Yet

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/king-trumpet-mushroom-recipe-chinese>

## Ingredients:

- 1 pound king trumpet mushrooms shredded
- 1 batch coleslaw Creamy Vegan
- 1/2 cup bbq sauce
- 1/2 cup apple cider vinegar
- 1/4 cup soy sauce low sodium
- 1/4 cup Worcestershire sauce vegan
- 1/4 cup yellow mustard Prepared
- 1 teaspoon liquid smoke

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 24 grams
3. Fiber: 3 grams
4. Protein: 5 grams
5. Sodium: 1450 milligrams
6. Sugar: 11 grams

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