



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 29<sup>th</sup>, 2015 Cooking Class

Featuring

**Tiffany Gagliardo**

from D'Avolio Olive Oils, Vinegars & More

## **Raspberry Balsamic Pulled Pork**

Serves 8

### **Ingredients:**

- 3 lbs. boneless pork shoulder
- 2 jalapenos, seeded and cut
- 1/8 cup honey
- ½ cup D'Avolio Raspberry Balsamic
- ½ cup low sodium soy sauce
- 1/8 cup hoisin sauce
- ½ cup chicken broth
- 3 cloves garlic
- 1 large onion, diced
- 1 Tbsp. cornstarch

<b>Nutrition Facts</b>	
Serving Size: 1 serving (250.2g)	
Servings: 1	
Amount Per Serving	
Calories 330	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 2.5g	11%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	44%
<b>Sodium</b> 580mg	24%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 0g	2%
Sugars 9g	
<b>Protein</b> 49g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

### **Directions:**

1. Place all the ingredients into your crock pot
2. Turn the crockpot on high for about 6-8 hours (or until done)
3. Serve in a whole wheat bun or roll & top with coleslaw

