

BBQ Pork Sundae - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 0 minutes cook

Ingredients:

1 pound barbecue pork, shredded, warmed

2 cups baked beans, warmed

2 cups coleslaw

Cooking Directions:

Divide warm baked beans evenly among 4 small bowls, mugs, or jars; top each with 1/2 cup coleslaw, 1/4 pound warm shredded barbecued pork and sauce. Serve with a dill pickle wedge.

Serves 4



Recipe courtesy of Southern Living Bar-B-Que: The Ultimate Guide--on newsstands now

Nutrition:

Calories: 379 calories

Protein: 30 grams

Fat: 14 grams

Sodium: 1378 milligrams

Cholesterol: 77 milligrams

Saturated Fat: 5 grams

Carbohydrates: 36 grams

Fiber: 8 grams

