

Pulled Pork Sandwich

Recipe Analyzer Results

A single serving of this recipe has 541 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts	
Serving size: 4.5 oz	
Servings: 30	
Amount per serving	
Calories	541
	% Daily Value*
Total Fat 31.3g	40%
Saturated Fat 10.3g	52%
Cholesterol 173mg	58%
Sodium 2644mg	115%
Total Carbohydrate 8.3g	3%
Dietary Fiber 0g	0%
Total Sugars 7.2g	
Protein 52g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 2mg	13%
Potassium 1mg	0%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.</i>	
Recipe analyzed by verywell	

Ingredients:

- 1 pork shoulder
- 1 barbecue sauce
- sandwich bun

El Capitan Sandwich

Recipe Analyzer Results

A single serving of this recipe has 629 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	629
	% Daily Value*
Total Fat 30.7g	39%
Saturated Fat 9.1g	46%
Cholesterol 84mg	28%
Sodium 2098mg	91%
Total Carbohydrate 61.3g	22%
Dietary Fiber 0.6g	2%
Total Sugars 30.1g	
Protein 22.4g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	17%
Potassium 502mg	11%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Ingredients:

- sausage
- 1 bbq sauce
- 1 Bun

Brisket Sandwich

Our Black Diamond Brisket Piled High on a Toasted Brioche Bun with BBQ Sauce & Pickles. Simply Delicious.

Calories: 600 per Sandwich
Total Fat: 18 g
Total Carbohydrates: 37 g
Protein: 29 g
Sodium: 1350 mg

SMOAK'D Cheezy Corn

KC Classic SMOAK Style. We add Green Chile and SMOAK flavors to the cheesy goodness you all know and love. It's a great BBQ, go to side.

Calories: 150 per serving 4 oz
Total Fat: 8 g
Total Carbohydrates: 14 g
Protein: 4 g
Sodium: 415 mg

Apple Kale Salad

Our Apple Kale Salad, with crisp apples, nutrient-packed kale, and sweet golden raisins, all tossed in a tangy apple cider vinaigrette. Elevate your salad game with this delicious and healthy option!

Calories: 82 per serving 4 oz
Total Fat: 4.7 g
Total Carbohydrates: 9 g
Protein: 2.8 g
Sodium: 274 mg

SMOAK'D Sweet Potato Burnt Ends

Sweet n SMOAK'Y cubes of goodness. These delicious Sweet Potato chunks are seasoned with our NM Red Chile and Cinnamon Salt blend then smoked with OAK wood until crispy and drizzled with sugar in the raw simple syrup. This is an excellent spin on an old KC favorite.

Calories: 128 per 6 oz
Total Fat: 5.6 g
Total Carbohydrates: 22.3 g
Protein: 1.4 g
Sodium: 225 mg

Southern Mustard Potato Salad

The old classic done right, you must try the tangy flavor and creamy texture of our Tangy Mustard Potato Salad. This delectable side dish pairs perfectly with our SMOAK'D Meats, creating a mouthwatering combination that will leave you craving for more.

Calories: 142 per 4 oz
Total Fat: 6.7 g
Total Carbohydrates: 18.7 g

Protein: 1.5 g
Sodium: 435 mg

SMOAK'D BBQ Chicken

The Leg Quarters are Rubbed with our signature SMOAK seasoning and SMOAK'D to perfection with OAK wood the SMOAK Craft Barbecue way. With or without our OG BBQ sauce these bone in chicken legs are far from ordinary.

Calories: 405 per 6 oz
Total Fat: 31.5 g
Total Carbohydrates: 2 g
Protein: 28.5 g
Sodium: 240 mg

SMOAK'D Brussel Sprouts

Golden Brown and Smokey, you will be surprised how much you crave them.

Calories: 100 per 4 oz
Total Fat: 4.5 g
Total Carbohydrates: 13 g
Protein: 3 g
Sodium: 340 mg

SMOAK'D Chicken Salad Croissant

Calories: 520 per Sandwich
Total Fat: 24 g
Total Carbohydrates: 57 g
Protein: 18 g
Sodium: 650 mg

Barbecue Macaroni Salad

Our take on another classic BBQ side. Made with classic ingredient staples including celery, red pepper, and onion and dressed with creamy dressing. As Barbecue as it gets.

Calories: 207 per 4 oz
Total Fat: 9.5 g

Total Carbohydrates: 26 g
Protein: 3.7 g
Sodium: 293 mg

Sweet Potato Mash

Our **mashed sweet potatoes** are *ultra creamy* and are the perfect accompaniment to any of our SMOAK'D Meats.

Calories: 258 per 6 oz
Total Fat: 11.2 g
Total Carbohydrates: 38.5 g
Protein: 2.3 g
Sodium: 165 mg

Smoak Breakfast All Day Burritos

These Burritos are great anytime of the Day , Packed with scrambled eggs, sharp cheddar cheese, sauteed hatch green chile and onion, with either Brisket or Pulled pork. All Served on a toasted flour tortilla with our house made hatch green chile tomato salsa, This protein packed delight will start your day right or keep you fueled for a busy night.

Calories: 705
Carbohydrates: 30 g
Protein: 40 g
Fat: 35 g
Sodium: 1150 mg

SMOAK'D Chicken n Veggie Bowl

Our SMOAK'D Chicken n Veggie BBQ Bowls are full of flavor and showcase the lighter side of BBQ. We load you up on roasted veggies and Oak Smoked chicken on a bed of our seasoned rice with BBQ vinegarettte or BBQ Sauce.

Calories: 520 kcal without BBQ sauce/BBQ
Vinaigrette 694 with Sauce/Vinaigrette
Carbohydrates: 50 g
Protein: 32 g
Fat: 15 g
Sodium: 950 mg

