



Adobo Pork Sandwiches With Rosemary-Garlic Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chiles in adobo sauce
- ☐ 1 tablespoon brown sugar
- ☐ 2 cups tomatoes canned drained chopped
- ☐ 1 tablespoon chili powder
- ☐ 2 garlic cloves chopped
- ☐ 6 servings rosemary-garlic mayonnaise
- ☐ 1 tablespoon honey

- ☐ 1 leaves toppings: lettuce tomato
- ☐ 4.5 pounds boston butt pork shoulder
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 sandwich buns

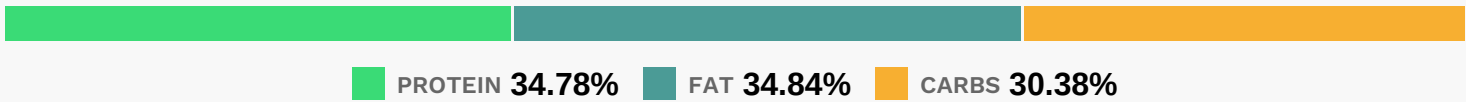
Equipment

- ☐ food processor
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Process first 7 ingredients in a blender or food processor until mixture is smooth.
- ☐ Cut pork in half, and place in a 5-quart slow cooker.
- ☐ Pour tomato mixture over pork. Cook at HIGH for 8 hours; remove from slow cooker. Cool slightly; shred and serve on buns with Rosemary-Garlic Mayonnaise and desired toppings.

Nutrition Facts



Properties

Glycemic Index:20.05, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:30.779130210047%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 555.74kcal (27.79%), Fat: 21.05g (32.38%), Saturated Fat: 6.05g (37.8%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.59g (14.03%), Sugar: 8.02g (8.91%), Cholesterol: 140.37mg (46.79%), Sodium: 2186.55mg (95.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.28g (94.55%), Vitamin B1: 2.15mg (143.46%), Selenium: 84.32µg (120.46%), Vitamin B3: 12.07mg (60.35%), Vitamin B2: 0.9mg (53.22%), Vitamin B6: 1.01mg (50.6%), Phosphorus: 501.2mg (50.12%), Zinc: 7.27mg (48.44%), Iron: 5.78mg (32.09%), Vitamin B12: 1.74µg

(29.05%), Potassium: 974.24mg (27.84%), Vitamin B5: 2.06mg (20.57%), Manganese: 0.4mg (19.79%), Copper: 0.37mg (18.57%), Magnesium: 72.64mg (18.16%), Folate: 72.25µg (18.06%), Calcium: 127.62mg (12.76%), Vitamin C: 10.02mg (12.15%), Fiber: 2.72g (10.89%), Vitamin A: 522.57IU (10.45%), Vitamin E: 1.54mg (10.24%), Vitamin K: 4.79µg (4.57%)