



Alabama Pulled Pork Sandwiches with White Barbecue Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 2.5 teaspoons double-acting baking powder
- 0.8 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 3 tablespoons brown sugar
- 3 tablespoons butter melted
- 0.5 teaspoon chili powder
- 0.7 cup milk fat-free

- 9 ounces flour all-purpose
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground pepper red
- 1 teaspoon coarsely ground pepper fresh
- 2 teaspoons kosher salt
- 1.3 pounds pork tenderloin trimmed
- 1 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise reduced-fat
- 1 Dash salt
- 1 teaspoon salt
- 0.8 pound sweet potatoes and into cooked mashed
- 0.3 cup water
- 2 tablespoons vinegar white

Equipment

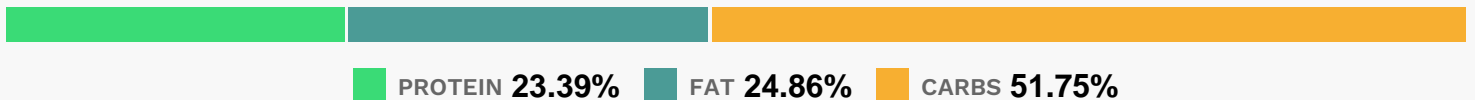
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- wire rack
- measuring cup

Directions

- To prepare sauce, combine the first 5 ingredients in a small bowl. Cover and chill.
- To prepare pork, cut pork in half lengthwise; cut crosswise into 2 1/2-inch pieces.

- Combine apple cider vinegar and next 7 ingredients (through garlic powder) in a medium saucepan; bring to a boil.
- Add pork to pan. Cover, reduce heat, and simmer 1 hour or until tender.
- Remove pork from cooking liquid; shred with 2 forks.
- Place pork in a serving dish; pour cooking liquid over pork.
- Preheat oven to 42
- To prepare biscuits, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, 1 teaspoon salt, and cinnamon in a large bowl; stir with a whisk.
- Combine potato, 2 tablespoons sugar, butter, and milk; stir well.
- Pour over dry ingredients; stir until a soft dough forms (dough will feel sticky). Turn dough out onto a floured surface; knead lightly 5 to 6 times.
- Roll dough into a 10-inch circle; cut 24 biscuits with a floured 2-inch biscuit cutter.
- Place on a baking sheet coated with cooking spray. (Reroll dough scraps, if necessary.)
- Bake at 425 for 12 minutes or until lightly browned.
- Remove biscuits from pan; cool on a wire rack.
- Serve with pork and sauce.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:15.07, Inflammation Score:-10, Nutrition Score:15.350869510485%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 228.86kcal (11.44%), Fat: 6.21g (9.55%), Saturated Fat: 2.5g (15.66%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 27.49g (10%), Sugar: 7.18g (7.98%), Cholesterol: 40.14mg (13.38%), Sodium: 822.96mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Vitamin A: 4204.84IU (84.1%), Vitamin B1:

0.67mg (44.69%), Selenium: 22.62µg (32.32%), Vitamin B3: 4.62mg (23.09%), Vitamin B6: 0.45mg (22.59%), Phosphorus: 190.43mg (19.04%), Vitamin B2: 0.31mg (17.95%), Manganese: 0.31mg (15.28%), Folate: 43.11µg (10.78%), Iron: 1.85mg (10.26%), Potassium: 356.07mg (10.17%), Calcium: 90.09mg (9.01%), Zinc: 1.22mg (8.12%), Vitamin B5: 0.79mg (7.9%), Magnesium: 28.52mg (7.13%), Copper: 0.13mg (6.41%), Fiber: 1.58g (6.32%), Vitamin K: 6.48µg (6.17%), Vitamin B12: 0.33µg (5.43%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.24µg (1.63%), Vitamin C: 0.91mg (1.1%)