



Anyone Can Make BBQ Pulled Pork

 Dairy Free

READY IN



525 min.

SERVINGS



12

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce barbeque sauce
- ☐ 5 large cloves garlic thinly sliced
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 2 tablespoons liquid smoke flavoring
- ☐ 1 large onion diced
- ☐ 5 pound pork shoulder roast
- ☐ 1 tablespoon pepper flakes red
- ☐ 12 sandwich buns split toasted

- ☐ 2 cups strong coffee decoction brewed
- ☐ 2 tablespoons worcestershire sauce

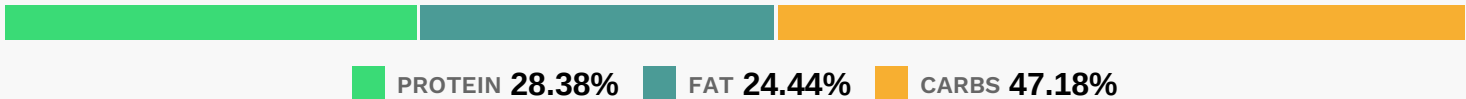
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Cut several slits into the fatty side of the pork shoulder. Insert garlic slices into slits.
- ☐ Transfer pork to a slow cooker, fat side up.
- ☐ Mix coffee, onion, Worcestershire sauce, and liquid smoke in a bowl; pour over pork.
- ☐ Cook pork on Low until very tender, about 8 hours. Carefully remove pork from slow cooker to a large plate; discard excess fat. Shred pork with 2 forks or by hand.
- ☐ Reserve about 1/2 cup juices from the slow cooker; discard remaining liquid. Return shredded pork and juices to slow cooker and season with red pepper flakes, salt, and pepper.
- ☐ Add barbeque sauce and stir.
- ☐ Heat pork on Low until sauce is hot, about 30 minutes more. Pile pork over toasted buns to serve.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.39, Inflammation Score:-5, Nutrition Score:21.619565367699%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.63mg,
Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg,
Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:
0.04mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 414.22kcal (20.71%), Fat: 11.05g (16.99%), Saturated Fat: 3.23g (20.22%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 45.83g (16.67%), Sugar: 14.43g (16.04%), Cholesterol: 77.24mg (25.75%), Sodium: 841.87mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 28.86g (57.71%), Vitamin B1: 1.32mg (87.86%), Selenium: 57.18µg (81.69%), Vitamin B3: 7.77mg (38.84%), Vitamin B2: 0.62mg (36.45%), Phosphorus: 308.02mg (30.8%), Zinc: 4.3mg (28.66%), Vitamin B6: 0.57mg (28.59%), Iron: 3.84mg (21.36%), Manganese: 0.39mg (19.69%), Potassium: 622mg (17.77%), Vitamin B12: 0.97µg (16.14%), Folate: 64.3µg (16.08%), Vitamin B5: 1.37mg (13.74%), Copper: 0.25mg (12.75%), Magnesium: 48.79mg (12.2%), Calcium: 94.37mg (9.44%), Fiber: 2.15g (8.59%), Vitamin A: 292.4IU (5.85%), Vitamin E: 0.81mg (5.38%), Vitamin C: 2.84mg (3.44%), Vitamin K: 2.03µg (1.93%)