



Barbecue Pork Sandwiches

 Dairy Free

READY IN



225 min.

SERVINGS



45

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 oz bull's-eye original barbecue sauce
- 8 oz tomato sauce canned
- 1 Tbsp chili powder
- 2 cloves garlic minced
- 0.3 cup blackstrap molasses
- 5 lb pork butt
- 12 sandwich buns
- 1 Tbsp grey poupon spicy brown mustard hearty

Equipment

- frying pan
- sauce pan
- roasting pan
- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place meat in disposable foil roasting pan.
- Spread with mustard; sprinkle with chili powder. Cover pan with foil; place on grate of grill. Cover grill with lid.
- Grill 3 to 3-1/4 hours or until meat is done (145F).
- Remove meat from grill; let stand 10 min. Meanwhile, mix barbecue sauce, tomato sauce, molasses and garlic in large saucepan. Reserve 1 cup barbecue sauce mixture for later use.
- Remove meat from pan; shred with 2 forks.
- Add to barbecue sauce mixture in saucepan; cook on medium-low heat 10 min. or until heated through, stirring occasionally.
- Serve in buns with the reserved sauce on the side.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:6.0626087499701%

Nutrients (% of daily need)

Calories: 117.08kcal (5.85%), Fat: 2.97g (4.58%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 13.85g (5.04%), Sugar: 5.63g (6.26%), Cholesterol: 20.6mg (6.87%), Sodium: 254.04mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.43%), Vitamin B1: 0.35mg (23.36%), Selenium: 15.69µg

(22.42%), Vitamin B3: 2.12mg (10.59%), Vitamin B2: 0.16mg (9.37%), Phosphorus: 82.61mg (8.26%), Vitamin B6: 0.16mg (8.22%), Zinc: 1.16mg (7.7%), Manganese: 0.13mg (6.43%), Iron: 1.12mg (6.23%), Potassium: 194.36mg (5.55%), Magnesium: 17.78mg (4.44%), Vitamin B12: 0.26µg (4.3%), Folate: 16.73µg (4.18%), Copper: 0.08mg (4%), Vitamin B5: 0.37mg (3.68%), Calcium: 28.07mg (2.81%), Fiber: 0.61g (2.43%), Vitamin A: 102.03IU (2.04%), Vitamin E: 0.3mg (1.97%)