



Barbecue Porkies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 3 cups cabbage shredded finely
- ☐ 0.5 cup carrots shredded
- ☐ 2 cups catsup
- ☐ 0.1 teaspoon celery seeds
- ☐ 2 teaspoons chili powder
- ☐ 0.5 cup cider vinegar
- ☐ 0.3 teaspoon mustard dry

- ☐ 2 tablespoons green onions chopped
- ☐ 12 hamburger buns split toasted
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard prepared
- ☐ 1 cup onion finely chopped
- ☐ 0.8 teaspoon pepper
- ☐ 5 pound boston butt pork roast
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon vinegar white
- ☐ 3 tablespoons worcestershire sauce

Equipment

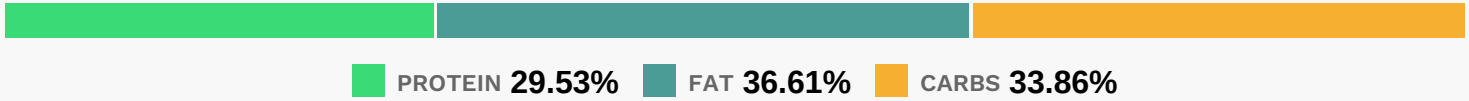
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Saute 1 cup onion in margarine in a large saucepan until onion is tender.
- ☐ Add catsup and next 5 ingredients; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Sprinkle roast with salt and pepper. Cook in hot oil in a Dutch oven until browned on all sides, turning occasionally.
- ☐ Drain. Return roast to pan; pour half of catsup mixture over roast. Bring to a boil. Cover, reduce heat, and simmer 3 hours and 45 minutes or until meat is tender, turning occasionally.
- ☐ Drain and cool slightly. Shred meat with 2 forks; return to pan.
- ☐ Add remaining catsup mixture. Bring to a boil; cover, reduce heat, and simmer 1 hour, stirring occasionally.

- ☐
- Combine cabbage, carrot, and green onions.
- ☐
- Combine mayonnaise and next 4 ingredients; add to cabbage mixture. Spoon about 1/2 cup meat mixture on bottom half of each bun; top each with 1/4 cup cabbage mixture and a remaining bun half.

Nutrition Facts



Properties

Glycemic Index:40.49, Glycemic Load:14.36, Inflammation Score:-8, Nutrition Score:31.873043226159%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 556.17kcal (27.81%), Fat: 22.41g (34.48%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 44.7g (16.26%), Sugar: 23.49g (26.1%), Cholesterol: 116.01mg (38.67%), Sodium: 1049.53mg (45.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.37%), Selenium: 66.29µg (94.7%), Vitamin B1: 1.32mg (88.07%), Vitamin B6: 1.13mg (56.69%), Vitamin B2: 0.95mg (55.7%), Vitamin B3: 10.87mg (54.33%), Zinc: 6.86mg (45.7%), Phosphorus: 455.14mg (45.51%), Vitamin K: 34.32µg (32.69%), Vitamin B5: 3.08mg (30.84%), Vitamin B12: 1.82µg (30.28%), Vitamin A: 1357.03IU (27.14%), Potassium: 941.5mg (26.9%), Iron: 4.45mg (24.74%), Manganese: 0.42mg (20.91%), Magnesium: 64.56mg (16.14%), Copper: 0.31mg (15.35%), Folate: 56.78µg (14.2%), Vitamin C: 10.67mg (12.93%), Calcium: 124.46mg (12.45%), Vitamin E: 1.86mg (12.4%), Fiber: 1.94g (7.77%), Vitamin D: 1.15µg (7.64%)