



Barbeque Pork Two Ways

 Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 teaspoon mustard dry
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 cups catsup
- ☐ 0.5 cup onion chopped
- ☐ 2.5 pounds boston butt pork shoulder
- ☐ 0.5 teaspoon salt

☐ 0.3 cup worcestershire sauce

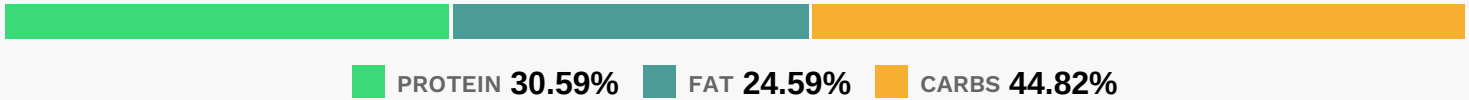
Equipment

- ☐ sauce pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Cut boneless pork shoulder crosswise into 1/4 inch slices. Partially freezing it will make slicing easier.
- ☐ In the slow cooker, combine sliced pork, onion, garlic, brown sugar, dry mustard, salt, pepper, ketchup, and Worcestershire sauce; mix well, and cover. Cook on Low, stirring occasionally, for 6 to 8 hours or until the meat is tender.
- ☐ OR : In a Dutch oven or large saucepan, combine pork, onion, garlic, brown sugar, dry mustard, salt, pepper, ketchup, and Worcestershire sauce; mix well. Bring to a boil, reduce heat, and cover. Simmer, stirring occasionally, for 2 1/2 to 3 hours or until pork is tender.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:12.853912939196%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 227.3kcal (11.36%), Fat: 6.34g (9.75%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 25.6g (9.31%), Sugar: 20.75g (23.06%), Cholesterol: 57.93mg (19.31%), Sodium: 869.41mg (37.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Vitamin B1: 0.78mg (52.29%), Selenium: 26.68µg (38.11%), Vitamin B6: 0.47mg (23.71%), Vitamin B3: 4.65mg (23.24%), Vitamin B2: 0.39mg (22.71%), Phosphorus: 201.34mg (20.13%), Zinc: 2.87mg (19.15%), Potassium: 560.15mg (16%), Vitamin B12: 0.73µg (12.11%), Iron: 1.83mg (10.15%), Copper: 0.16mg (8.14%), Vitamin B5: 0.77mg (7.65%), Magnesium: 29.82mg (7.46%), Vitamin

A: 320.43IU (6.41%), Vitamin C: 5.14mg (6.23%), Vitamin E: 0.9mg (5.99%), Manganese: 0.11mg (5.39%), Calcium: 40.02mg (4%), Folate: 12.81µg (3.2%), Vitamin K: 2.05µg (1.95%), Fiber: 0.4g (1.62%)