



BBQ Pork Sandwiches

 Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce flavored
- 8 servings garlic salt to taste
- 8 hawaiian rolls
- 6 pounds pork butt

Equipment

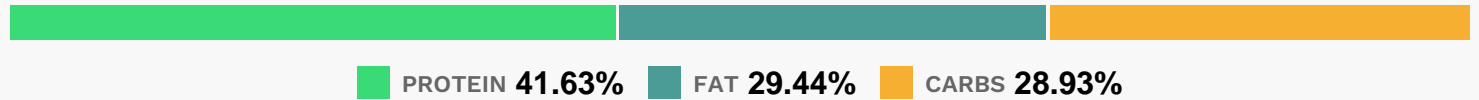
- frying pan
- oven
- grill

- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place roast in a 9x13 inch pan, sprinkle with garlic salt, and cover with foil.
- Bake in preheated oven for 3 to 4 hours, or until a meat thermometer inserted reads 145 degrees F (63 degrees C). Preheat an outdoor grill for high heat and lightly oil grate.
- Grill roast for 10 minutes on each side. Return roast to the pan, and shred the meat using two forks. Stir in barbecue sauce, and return to the oven for 20 minutes, or until heated through. Spoon meat onto buns.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:12.88, Inflammation Score:-5, Nutrition Score:39.977825854136%

Nutrients (% of daily need)

Calories: 678.74kcal (33.94%), Fat: 21.51g (33.09%), Saturated Fat: 7.19g (44.92%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 46.22g (16.81%), Sugar: 24.31g (27.01%), Cholesterol: 204.12mg (68.04%), Sodium: 1284.34mg (55.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.44g (136.89%), Selenium: 108.46µg (154.94%), Vitamin B1: 2.15mg (143.1%), Vitamin B6: 1.85mg (92.37%), Vitamin B2: 1.47mg (86.46%), Vitamin B3: 17.1mg (85.51%), Zinc: 11.85mg (79.02%), Phosphorus: 743.38mg (74.34%), Vitamin B5: 5.44mg (54.35%), Vitamin B12: 3.18µg (53.03%), Potassium: 1353.74mg (38.68%), Iron: 5.97mg (33.15%), Magnesium: 93.03mg (23.26%), Copper: 0.44mg (22%), Manganese: 0.36mg (18.14%), Vitamin D: 2.04µg (13.61%), Calcium: 130.72mg (13.07%), Folate: 41.7µg (10.42%), Vitamin E: 1.44mg (9.62%), Fiber: 1.35g (5.39%), Vitamin K: 3.21µg (3.06%), Vitamin A: 143.31IU (2.87%), Vitamin C: 0.94mg (1.14%)