



BBQ Pulled Pork Grinder

 Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



1201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups barbeque sauce
- ☐ 1 tablespoon brown sugar
- ☐ 1 pinch cayenne pepper to taste
- ☐ 16 ounce coleslaw mix shredded
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons sea salt
- ☐ 2 tablespoons granulated onion

- ☐ 1 tablespoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground nutmeg
- ☐ 2 tablespoons ground pepper black
- ☐ 0.3 cup jalapeno minced seeded
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons kosher salt
- ☐ 0.3 teaspoon lemon pepper
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup pickled pepperoncini peppers chopped
- ☐ 4 pound pork shoulder roast
- ☐ 0.3 cup onion diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 cup strong coffee decoction brewed
- ☐ 4 hoagie buns split italian-style toasted
- ☐ 1 teaspoon sugar white

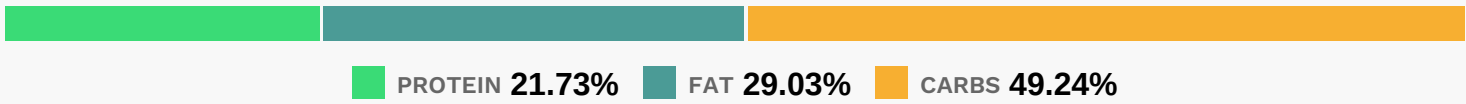
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Combine coleslaw mix, pepperoncini peppers, red onion, mayonnaise, lemon juice, red wine vinegar, 1 tablespoon granulated garlic, Dijon mustard, white sugar, salt, 1/2 teaspoon granulated onion, and lemon pepper in a large bowl. Toss until well combined. Cover and refrigerate until ready to use.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Combine kosher salt, black pepper, 2 tablespoons granulated garlic, 2 tablespoons granulated onion, 2 tablespoons brown sugar, 1 tablespoon cayenne pepper, nutmeg, allspice, and cinnamon together in a bowl.
- ☐ Place pork shoulder in a large roasting pan. Rub with 1/4 cup molasses on all sides and between any crevices.
- ☐ Sprinkle with kosher salt seasoning mixture and rub over all sides.
- ☐ Cover pan tightly with heavy-duty aluminum foil and roast pork in the preheated oven until tender and a thermometer inserted reaches 200 degrees F (95 degrees C), 3 to 4 hours.
- ☐ Transfer pork to a cutting board, reserving pan juice, and allow to cool slightly before pulling. Using two forks, shred the pork shoulder into bite-size pieces.
- ☐ Transfer meat to a large bowl and toss with some of the pan juices to keep it moist.
- ☐ Pour reserved pan juices into a large pot over medium heat.
- ☐ Add barbeque sauce, coffee, 1 tablespoon molasses, 1 tablespoon brown sugar, dry mustard, and a pinch of cayenne pepper. Bring to a simmer, reduce heat, and cook for 15 minutes.
- ☐ Add shredded pork and stir until warm, about 5 minutes.
- ☐ Fill each hoagie bun with pork mixture. Top with 1 to 2 cups coleslaw.
- ☐ Garnish with 1 tablespoon onion and 1 tablespoon jalapeno.

Nutrition Facts



Properties

Glycemic Index:147.52, Glycemic Load:28.47, Inflammation Score:-8, Nutrition Score:52.233912965526%

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 Eriodictyol: 0.18mg,
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg,
Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg
Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg,
Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 1201.34kcal (60.07%), Fat: 38.66g (59.47%), Saturated Fat: 9.74g (60.89%), Carbohydrates: 147.55g
(49.18%), Net Carbohydrates: 138.19g (50.25%), Sugar: 89.16g (99.07%), Cholesterol: 193.22mg (64.41%), Sodium:
6947.78mg (302.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.7mg (7.9%), Protein: 65.12g
(130.24%), Vitamin B1: 2.65mg (176.41%), Selenium: 89.44µg (127.76%), Vitamin K: 127.88µg (121.79%), Iron: 17.32mg
(96.19%), Vitamin B6: 1.67mg (83.71%), Vitamin C: 62.62mg (75.9%), Vitamin B3: 13.92mg (69.58%), Phosphorus:
693.08mg (69.31%), Manganese: 1.31mg (65.67%), Vitamin B2: 1.12mg (65.64%), Zinc: 9.79mg (65.24%), Potassium:
1966.6mg (56.19%), Vitamin B12: 2.35µg (39.11%), Fiber: 9.36g (37.44%), Magnesium: 138.97mg (34.74%), Vitamin
B5: 3.27mg (32.7%), Copper: 0.61mg (30.62%), Calcium: 236.77mg (23.68%), Folate: 84.83µg (21.21%), Vitamin E:
2.89mg (19.24%), Vitamin A: 747.86IU (14.96%)