



 **84%**  
HEALTH SCORE

## BBQ Pulled Pork Nachos

 Very Healthy

READY IN



480 min.

SERVINGS



4

CALORIES



1417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple cider vinegar
- 1 can beer your favorite
- 0.3 cup bourbon
- 0.3 cup brown sugar (I like demerara)
- 1 can black beans drained and rinsed
- 0.3 cup chili powder
- 4 servings pepper flakes hot thinly sliced
- 4 servings goat cheese crumbled

- 0.3 cup ground cumin
- 2 teaspoons pepper black
- 2 cups catsup
- 4 servings monterrey jack cheese shredded
- 0.3 cup pork rub
- 4 pound boston butt pork shoulder
- 4 servings onion diced red sliced
- 4 servings spring onion thinly sliced
- 0.3 cup sea salt
- 0.3 cup paprika smoked
- 1 large bag tortilla chips
- 1 cup coarse mustard

## Equipment

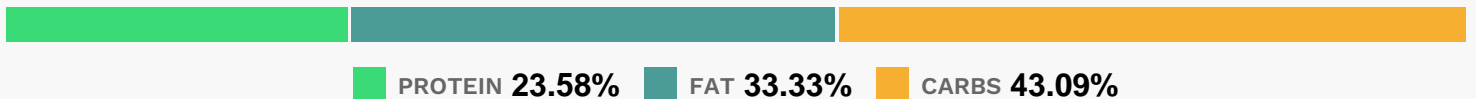
- baking sheet
- oven
- whisk
- pot
- baking pan
- aluminum foil
- stove

## Directions

- Barbecue sauce
- Combine all your ingredients in a small pot, and whisk them for a bit to get everything incorporated together.
- Put the pot on the stove over medium heat, and wait for the sauce to start bubbling, stirring occasionally.

- Let it bubble for about a minute (while stirring a little bit), and then pull it off the heat and set aside, or refrigerate if making ahead. Pulled pork Preheat the oven to 300F, and then combine all the dry ingredients for your pork rub, making sure you mix the ingredients well so that everything is evenly distributed. Now rub down your pork. There's a possibility you'll have more rub than you need depending on how big your pork butt is, but that's more good news than bad. Put your rubbed-down butt (haha) in a baking dish and pour in the beer. Cover with foil and throw it in the oven. Every hour after the first couple hours you can go in and baste it a little (or better yet, use a flavor injector; check out this official Food Republic instagram). Depending on your oven and the size of your butt (ha!) it'll take 5-7 hours. Pull it out of the oven and let it cool off a bit before you start pulling it apart with your fingers and removing any unsavory bits (like any bone or fat).
- Mix the pulled pork with enough sauce (reheated if made ahead) to coat to your liking. Nachos Preheat the oven to 350, then arrange a thick layer of tortilla chips on a foil-wrapped cookie sheet, spreading the chips out for as close to 100% cookie sheet coverage as possible. Top your nachos in this order (or don't: they're nachos, they'll be fine): Pork Goat cheese Red onion Beans Jack cheese Scallions Fresno peppers
- Once that cheese is fully melted and just starting to crisp you're good to go 20-30 minutes.
- Serve with salsa, sour cream and guacamole if you like.

## Nutrition Facts



## Properties

Glycemic Index:77.63, Glycemic Load:2.6, Inflammation Score:-10, Nutrition Score:75.307391449161%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 1417.13kcal (70.86%), Fat: 52.49g (80.75%), Saturated Fat: 15.08g (94.24%), Carbohydrates: 152.71g (50.9%), Net Carbohydrates: 126.84g (46.12%), Sugar: 44.05g (48.94%), Cholesterol: 200.07mg (66.69%), Sodium: 10123.27mg (440.14%), Alcohol: 8.48g (100%), Alcohol %: 1.18% (100%), Protein: 83.55g (167.1%), Vitamin B1: 3.06mg

(204.27%), Vitamin A: 9446.98IU (188.94%), Vitamin K: 177.75µg (169.29%), Selenium: 115.58µg (165.11%), Iron: 28.11mg (156.18%), Manganese: 2.82mg (141.16%), Vitamin B6: 2.47mg (123.65%), Phosphorus: 1217.29mg (121.73%), Fiber: 25.87g (103.47%), Vitamin B2: 1.75mg (102.7%), Vitamin B3: 19.49mg (97.43%), Zinc: 13.46mg (89.72%), Vitamin E: 13.18mg (87.83%), Magnesium: 346.01mg (86.5%), Potassium: 2788.62mg (79.67%), Copper: 1.42mg (70.91%), Calcium: 646.03mg (64.6%), Vitamin B5: 4.24mg (42.36%), Vitamin B12: 2.41µg (40.12%), Folate: 148.22µg (37.06%), Vitamin C: 28.9mg (35.03%)