



BBQ Pulled Pork Sandwich

 **Gluten Free**  **Dairy Free**

READY IN

ready

390 min.

SERVINGS

servings

4

CALORIES

calories

545 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2.5 pound boston butt pork shoulder boneless fat trimmed
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon brown sugar
- ☐ 2 carrots shredded
- ☐ 0.3 teaspoon cayenne

- ☐ 0.5 teaspoon cayenne
- ☐ 1.5 tablespoons parsley leaves fresh chopped
- ☐ 1 teaspoon granulated sugar
- ☐ 1 cup catsup
- ☐ 1 tablespoon oregano dried
- ☐ 2 tablespoons paprika
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 teaspoons salt
- ☐ 1 pinch salt and pepper black freshly ground
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 teaspoons worcestershire sauce

Equipment

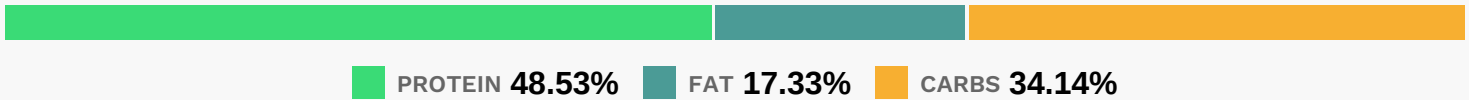
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ hamburger buns, warmed
- ☐ Combine the ketchup, brown sugar, vinegar, Worcestershire, cayenne, red pepper flakes and salt and black pepper in a small bowl.
- ☐ Combine the paprika, oregano, black pepper, brown sugar, salt and cayenne in a medium bowl and toss with your fingers to mix. Rub the spice mixture onto the pork on all sides.
- ☐ Place the pork in a slow cooker insert.
- ☐ Add 1/2 cup BBQ sauce and cover the slow cooker. Cook on high until the pork is fork-tender, 4 to 5 hours, or on low, 8 to 10 hours.
- ☐ Transfer the pork to a carving board.

- ☐ Let the pork stand, about 5 minutes.
- ☐ Meanwhile add 2 tablespoons of the simmering pork liquids to the remaining BBQ sauce. Bring the BBQ sauce to a simmer in a small saucepan over low heat, about 10 minutes.
- ☐ Pour the vinegar into a medium bowl and sprinkle with the granulated sugar.
- ☐ Whisk until well combined.
- ☐ Add the parsley and carrots and toss.
- ☐ Sprinkle with salt and black pepper.
- ☐ Using two forks, shred the pork and discard any excess fat. Heap the pork onto the buns and top with extra BBQ sauce and the tangy carrots.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:102.23, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:43.828695504562%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 544.69kcal (27.23%), Fat: 10.43g (16.04%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 42.85g (15.58%), Sugar: 36.8g (40.88%), Cholesterol: 170.1mg (56.7%), Sodium: 1933.26mg (84.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.72g (131.43%), Vitamin A: 7479IU (149.58%), Vitamin B3: 28.92mg (144.59%), Vitamin B1: 1.88mg (125.05%), Vitamin B6: 2.3mg (114.92%), Selenium: 74.31µg (106.16%), Vitamin B2: 1.5mg (88.14%), Phosphorus: 697.78mg (69.78%), Potassium: 1543.17mg (44.09%), Vitamin K: 44.13µg (42.03%), Vitamin B12: 2.47µg (41.11%), Zinc: 5.96mg (39.76%), Vitamin B5: 3.05mg (30.53%), Manganese: 0.56mg (27.78%), Iron: 4.69mg (26.08%), Magnesium: 102.58mg (25.65%), Vitamin E: 2.74mg (18.27%), Copper: 0.36mg (17.92%), Fiber: 3.39g (13.57%), Calcium: 100.43mg (10.04%), Vitamin C: 6.99mg (8.48%), Folate: 19.31µg (4.83%)