



BBQ Pulled Pork Sandwiches

READY IN



620 min.

SERVINGS



16

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons brown sugar packed
- 8 ounce tomato sauce canned
- 1 cup carrots shredded
- 0.5 teaspoon cayenne pepper
- 0.5 teaspoon celery seed
- 2 tablespoons cider vinegar
- 0.7 cup mayonnaise
- 1 large onion thinly sliced

- 4 pound pork shoulder roast
- 4 cups cabbage shredded green red
- 0.3 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 16 kaiser rolls split toasted
- 2 teaspoons sugar
- 1 tablespoon vegetable oil

Equipment

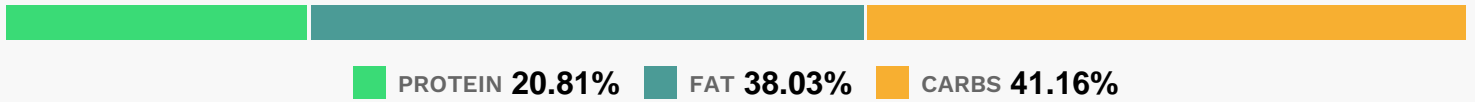
- bowl
- frying pan
- stove
- slow cooker
- cutting board

Directions

- Heat oil over medium-high heat in a very large skillet. Brown pork in hot oil on all sides.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters with Clorox® Disinfecting Wipes*. Rinse hands once complete.]
- Place browned pork and onions in a 5- to 6-quart slow cooker.
- Combine tomato sauce, vinegar, brown sugar, the 1/2 teaspoon salt, cayenne pepper, and black pepper in a medium bowl.
- Pour over pork and onions. Cover and cook on low for 10 to 12 hours or on high for 5 to 6 hours.
- Transfer pork to a cutting board; reserving cooking juices and onions. When cool enough to handle, cut pork off bones and coarsely chop.
- Combine pork, onions, and as much of the juices as desired to moisten in a bowl.
- Serve pork on buns with Creamy Coleslaw.
- Combine mayonnaise, sour cream, vinegar, sugar, celery seed, and the 1/4 teaspoon salt in a large bowl. Stir in cabbage and carrot. Cover and chill for at least 2 hours before serving. Store

in the refrigerator up to 24 hours. Stir before serving. Makes 3 1/2 cups.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:24.3, Inflammation Score:-7, Nutrition Score:15.35478250326%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 382.28kcal (19.11%), Fat: 16.02g (24.64%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 36.88g (13.41%), Sugar: 9.09g (10.09%), Cholesterol: 53.09mg (17.7%), Sodium: 519.27mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Iron: 11.84mg (65.75%), Vitamin B1: 0.64mg (42.5%), Vitamin K: 31.74µg (30.23%), Selenium: 21.04µg (30.05%), Vitamin A: 1481.47IU (29.63%), Vitamin B6: 0.35mg (17.54%), Vitamin B3: 3.24mg (16.21%), Phosphorus: 160.04mg (16%), Zinc: 2.31mg (15.38%), Vitamin B2: 0.25mg (14.78%), Vitamin C: 9.22mg (11.17%), Potassium: 361.8mg (10.34%), Vitamin B12: 0.6µg (10.04%), Fiber: 2.13g (8.52%), Vitamin B5: 0.72mg (7.18%), Magnesium: 21.94mg (5.49%), Copper: 0.1mg (4.97%), Vitamin E: 0.7mg (4.66%), Manganese: 0.09mg (4.62%), Folate: 16.42µg (4.1%), Calcium: 38.8mg (3.88%)