



Beer and Bourbon Pulled Pork Sandwiches

READY IN



525 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbeque sauce
- ☐ 1.5 teaspoons butter
- ☐ 2.5 tablespoons canola oil divided
- ☐ 6 crusty bread rolls split
- ☐ 5 cloves garlic minced
- ☐ 2 teaspoons garlic powder
- ☐ 1 pinch ground pepper black to taste
- ☐ 2 teaspoons ground thyme
- ☐ 1 teaspoon liquid smoke flavoring

- ☐ 2 teaspoons onion powder
- ☐ 2 onions sliced
- ☐ 2 teaspoons oregano dried
- ☐ 1 tablespoon paprika
- ☐ 3 dashes pepper sauce hot
- ☐ 3 pound roasted cut into 3-inch chops
- ☐ 1 pinch salt
- ☐ 3 fluid ounce jiggers bourbon whiskey
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

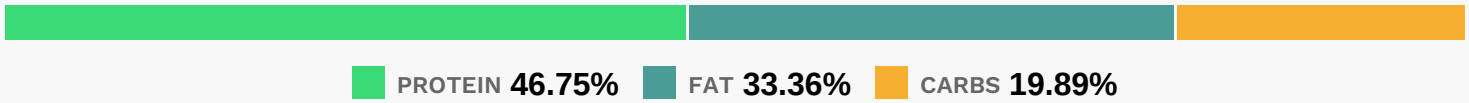
Directions

- ☐ Combine paprika, onion powder, garlic powder, oregano, thyme, and salt in a small bowl; season with black pepper.
- ☐ Blot pork chops dry with paper towels, then rub with paprika mixture.
- ☐ Heat about 2 tablespoons canola oil in a non-stick skillet over medium-high heat. Fry pork chops in batches until browned, about 5 minutes per side.
- ☐ Transfer browned pork chops to a slow cooker.
- ☐ Wipe skillet clean and heat remaining 1 1/2 teaspoon canola oil and butter over medium heat; cook and stir onions, 1/2 bottle beer, and a pinch of salt until onion is tender and slightly browned, about 10 minutes.
- ☐ Add liquid smoke.
- ☐ Spread onions over pork.
- ☐ Mix barbeque sauce, remaining beer, Worcestershire sauce, garlic, bourbon, and hot sauce in a bowl; pour over pork.

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Cook pork on Low until very tender, about 8 hours. Shred and divide pork over rolls to make sandwiches.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:27.575651759687%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 492.23kcal (24.61%), Fat: 16.57g (25.5%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.2g (7.35%), Sugar: 13.88g (15.43%), Cholesterol: 145.57mg (48.52%), Sodium: 526.67mg (22.9%), Alcohol: 5.32g (100%), Alcohol %: 2.04% (100%), Protein: 52.25g (104.49%), Vitamin B6: 1.87mg (93.52%), Selenium: 64.59µg (92.27%), Vitamin B1: 1.06mg (70.56%), Vitamin B3: 13.54mg (67.72%), Phosphorus: 546.23mg (54.62%), Potassium: 1064.84mg (30.42%), Zinc: 4.4mg (29.32%), Vitamin B2: 0.48mg (28.52%), Vitamin B12: 1.16µg (19.31%), Magnesium: 74.61mg (18.65%), Vitamin B5: 1.86mg (18.61%), Vitamin K: 15.96µg (15.2%), Iron: 2.68mg (14.91%), Vitamin A: 712.27IU (14.25%), Vitamin E: 2.14mg (14.25%), Manganese: 0.26mg (12.76%), Copper: 0.21mg (10.53%), Fiber: 2.03g (8.12%), Calcium: 61.57mg (6.16%), Vitamin D: 0.91µg (6.05%), Vitamin C: 4.3mg (5.21%), Folate: 13.11µg (3.28%)