

# Bourbon-Mango Pulled Pork

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

READY IN



**380 min.**

SERVINGS



**10**

CALORIES



**331 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup balsamic vinegar
- 24 ounce barbecue sauce
- 1 teaspoon chipotle sauce
- 2 tablespoons pepper black
- 2 teaspoons honey
- 1 teaspoon kosher salt
- 2 mangos
- 4 pound boston butt pork shoulder

- 2 cups water
- 1.5 fluid ounce irish whiskey

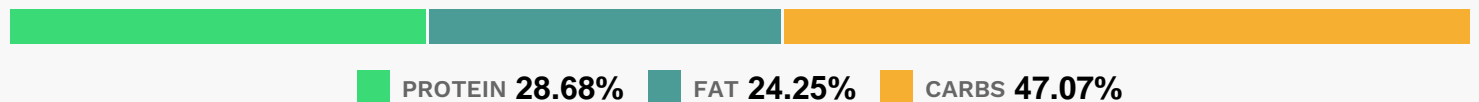
## Equipment

- sauce pan
- blender
- slow cooker

## Directions

- Peel the mangos and remove the pits.
- Place the pits into a slow cooker, then roughly chop the mango and set aside.
- Place the pork shoulder into the slow cooker, and season with the black pepper, kosher salt, and 1 teaspoon chipotle powder; pour in the balsamic vinegar and water.
- Cover, and cook on Low 5 to 8 hours until the meat is very tender. Once done, drain the pork, discarding the cooking liquid and mango pits, and shred with two forks.
- While the pork is cooking, puree the chopped mango in a blender until smooth, then pour into a saucepan along with the honey, 1 teaspoon chipotle powder, and whiskey. Bring to a simmer. Reduce heat to medium-low, and simmer, stirring frequently until the mango has reduced and darkened slightly, about 10 minutes. Stir in the barbeque sauce, and remove from the heat.
- Return the shredded pork to the slow cooker, and stir in the mango barbeque sauce. Cover, and cook on High 1 to 2 hours until the pork absorbs the barbeque sauce.

## Nutrition Facts



## Properties

Glycemic Index:20.1, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:17.2399999999171%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 331.26kcal (16.56%), Fat: 8.55g (13.15%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 35.6g (12.95%), Sugar: 30.58g (33.98%), Cholesterol: 74.15mg (24.72%), Sodium: 1022.43mg (44.45%), Alcohol: 1.6g (100%), Alcohol %: 0.72% (100%), Protein: 22.74g (45.49%), Vitamin B1: 1.01mg (67.15%), Selenium: 33.85µg (48.36%), Vitamin B6: 0.56mg (28.17%), Vitamin B3: 5.43mg (27.16%), Phosphorus: 246.27mg (24.63%), Zinc: 3.66mg (24.38%), Vitamin B2: 0.4mg (23.77%), Vitamin C: 16.37mg (19.84%), Potassium: 628.72mg (17.96%), Vitamin B12: 0.93µg (15.49%), Manganese: 0.29mg (14.43%), Vitamin A: 613.56IU (12.27%), Copper: 0.23mg (11.44%), Iron: 2.02mg (11.24%), Vitamin B5: 1.12mg (11.21%), Magnesium: 39.55mg (9.89%), Fiber: 1.72g (6.89%), Folate: 24.93µg (6.23%), Vitamin E: 0.93mg (6.2%), Calcium: 51.19mg (5.12%), Vitamin K: 4.93µg (4.69%)