



Carolina Pulled-Pork Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 12 servings barbecue sauce red
- ☐ 1 teaspoon ground pepper
- ☐ 1 tablespoon coarse salt
- ☐ 12 servings coleslaw mix
- ☐ 3 tablespoons t brown sugar dark packed ()
- ☐ 1 tablespoon pepper black
- ☐ 12 hawaiian rolls split with seeds, soft

- ☐ 3 tablespoons paprika
- ☐ 2 pork shoulder boneless (also known as Boston butt; 6 pounds total)
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

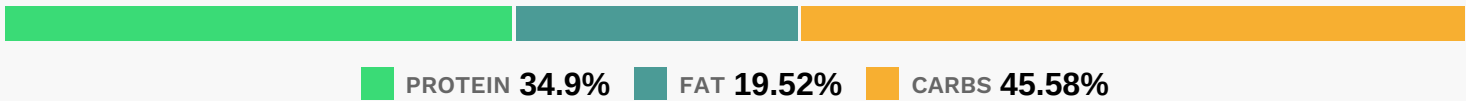
Directions

- ☐ Mix first 5 ingredients in small bowl to blend.
- ☐ Place pork, fat side up, on work surface.
- ☐ Cut each piece lengthwise in half.
- ☐ Place on large baking sheet.
- ☐ Sprinkle dry rub all over pork; press into pork. Cover with plastic; refrigerate at least 2 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Mix first 6 ingredients in medium bowl. Cover and refrigerate.
- ☐ Following manufacturer's instructions and using lump charcoal and 1/2 cup drained wood chips for smoker or 1 cup for barbecue, start fire and bring temperature of smoker or barbecue to 225°F. to 250°F.
- ☐ Place pork on rack in smoker or barbecue. Cover; cook until meat thermometer inserted into center of pork registers 165°F., turning pork and brushing with cold mop every 45 minutes, about 6 hours total.
- ☐ Add more charcoal as needed to maintain 225°F. to 250°F. temperature and more drained wood chips (1/2 cup for smoker or 1 cup for barbecue with each addition) to maintain smoke

level.

- ☐ Transfer pork to clean rimmed baking sheet.
- ☐ Let stand until cool enough to handle. Shred into bite-size pieces. Mound on platter.
- ☐ Pour any juices from sheet over pork. (Can be made 1 day ahead.
- ☐ Transfer pork and any juices to baking dish. Cover with foil; chill. Before continuing, rewarm pork, covered, in 350°F. oven about 30 minutes.)
- ☐ Divide pork among bottoms of buns.
- ☐ Drizzle lightly with barbecue sauce. Top with coleslaw. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:13.09, Inflammation Score:-7, Nutrition Score:15.9426085016%

Nutrients (% of daily need)

Calories: 244.07kcal (12.2%), Fat: 5.15g (7.92%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 25.45g (9.25%), Sugar: 6.97g (7.74%), Cholesterol: 43mg (14.33%), Sodium: 883.47mg (38.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.4%), Vitamin B1: 0.71mg (47.03%), Vitamin B3: 8.91mg (44.53%), Selenium: 30.42µg (43.46%), Vitamin B6: 0.59mg (29.54%), Vitamin B2: 0.49mg (28.8%), Phosphorus: 218.19mg (21.82%), Manganese: 0.4mg (19.93%), Vitamin A: 939.92IU (18.8%), Iron: 2.77mg (15.4%), Zinc: 1.82mg (12.12%), Potassium: 418.6mg (11.96%), Vitamin B12: 0.71µg (11.82%), Folate: 42.25µg (10.56%), Magnesium: 34.74mg (8.69%), Calcium: 81.71mg (8.17%), Vitamin B5: 0.76mg (7.62%), Copper: 0.13mg (6.63%), Fiber: 1.59g (6.36%), Vitamin K: 6.61µg (6.29%), Vitamin E: 0.81mg (5.4%), Vitamin C: 1.44mg (1.75%)