



Chocolate Pork Roast Sliders

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup beef stock
- 1 tablespoon ground ancho chile pepper
- 1 tablespoon ground cinnamon
- 6 to 8 hamburger buns
- 1 onion thinly sliced
- 8 servings pickle spear
- 4 pound boston butt pork roast
- 2 tablespoons sea salt

- 1 tablespoon cocoa powder unsweetened
- 1 tablespoon peppercorns whole white
- 1 tablespoon coriander seeds whole

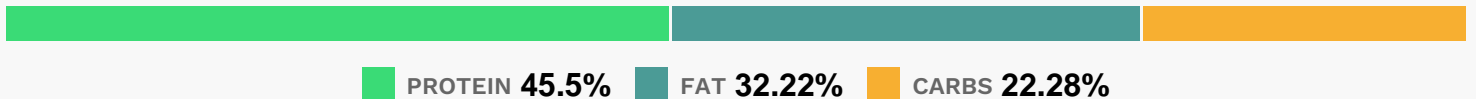
Equipment

- bowl
- frying pan
- oven
- dutch oven

Directions

- Preheat the oven to 300 degrees F.
- In a small skillet, combine the coriander seeds and peppercorns. Cook over medium heat, stirring frequently, until fragrant and toasted, about 4 minutes.
- Remove from the heat and let cool. In a coffee grinder, process the spices until finely ground.
- In a small bowl, combine the peppercorn mixture, salt, ancho chile pepper, cinnamon and cocoa. Rub the spice mixture evenly over the pork roast.
- In a Dutch oven, combine the beef stock and onions.
- Add the roast to the Dutch oven. Cover and bake until very tender, about 3 hours.
- Using two forks, shred the roast.
- Serve on buns with pickle spears if desired.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:9.95, Inflammation Score:-7, Nutrition Score:33.381739201753%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg
Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 423.77kcal (21.19%), Fat: 14.89g (22.9%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 23.17g (7.72%),
Net Carbohydrates: 19.66g (7.15%), Sugar: 4.72g (5.24%), Cholesterol: 136.08mg (45.36%), Sodium: 2638.22mg
(114.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.31g (94.62%), Selenium: 73.57µg (105.1%), Vitamin
B1: 1.49mg (99.43%), Vitamin B6: 1.28mg (63.81%), Vitamin B2: 1.06mg (62.53%), Vitamin B3: 11.85mg (59.25%), Zinc:
8.14mg (54.24%), Phosphorus: 528.36mg (52.84%), Vitamin B5: 3.63mg (36.26%), Vitamin B12: 2.13µg (35.47%),
Potassium: 1014.56mg (28.99%), Manganese: 0.57mg (28.29%), Iron: 4.75mg (26.39%), Magnesium: 74.45mg
(18.61%), Copper: 0.36mg (17.97%), Vitamin K: 14.88µg (14.17%), Calcium: 140.92mg (14.09%), Fiber: 3.5g (14.01%),
Vitamin A: 612.09IU (12.24%), Folate: 40.12µg (10.03%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.8mg (5.31%), Vitamin
C: 3.94mg (4.78%)