



## Coffee-Cured Pulled Pork



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



91

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup hot-brewed coffee
- ☐ 91 servings kosher salt
- ☐ 91 servings pepper freshly ground
- ☐ 1 pork butt bone-in
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 cup sugar

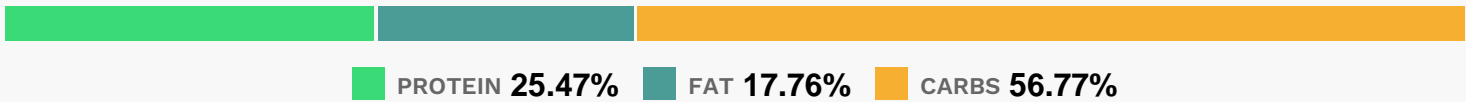
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ In a large bowl, combine the sugar, coffee and 1/2 cup of salt.
- ☐ Add the pork and rub the mixture all over. Cover with plastic wrap and refrigerate for 12 to 24 hours.
- ☐ Preheat the oven to 30
- ☐ Rinse off the pork and set in a roasting pan. Roast the pork for 6 hours, basting with pan juices, until an instant-read thermometer inserted in the thickest part registers 200; cover with foil for the last 2 hours of cooking.
- ☐ Transfer the pan to a rack and let rest for 30 minutes. Increase the oven temperature to 50
- ☐ In a saucepan, boil the sorghum and vinegar; season with salt and pepper. Simmer until slightly reduced, 10 minutes.
- ☐ Pour the glaze over the pork and roast for 15 minutes, until glazed.
- ☐ Let cool, then shred the pork.

## Nutrition Facts



## Properties

Glycemic Index:2.05, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:0.79695651113339%

## Nutrients (% of daily need)

Calories: 14.78kcal (0.74%), Fat: 0.29g (0.45%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 2.06g (0.75%), Sugar: 2.02g (2.25%), Cholesterol: 2.97mg (0.99%), Sodium: 197.55mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Selenium: 1.63µg (2.32%), Vitamin B1: 0.03mg (1.89%), Manganese: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.15%), Zinc: 0.17mg (1.15%), Magnesium: 4.31mg (1.08%), Potassium: 37.14mg (1.06%), Phosphorus: 10.62mg (1.06%)