



Double Meat Dudewich

 Dairy Free

READY IN



345 min.

SERVINGS



6

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb pork shoulder boneless trimmed
- 2 cups barbecue sauce
- 0.5 cup lager such as a boston lager
- 1 teaspoon lawry's seasoned salt
- 1 teaspoon highest available proof grain spirit
- 0.5 teaspoon ground mustard
- 14 oz andouille smoked cut into 1/2-inch slices
- 14 oz coleslaw mix

- 0.5 cup the dressing
- 1 serving dill pickle
- 6 portugese rolls split

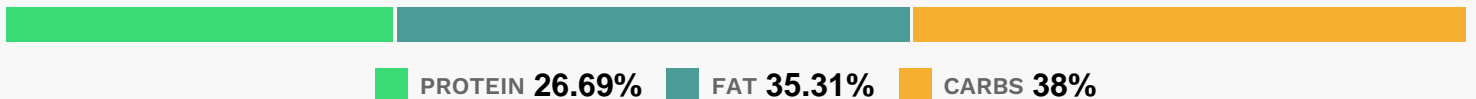
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Place pork in 3 1/2- to 4-quart slow cooker. In small bowl, mix 1 cup of the barbecue sauce, the beer, seasoned salt, garlic-pepper blend and ground mustard.
- Pour over roast. Cover; cook on High setting 4 to 5 hours or Low setting 8 to 10 hours until pork is very tender.
- Remove pork from slow cooker, and discard liquid.
- When cool enough to handle, shred pork into bite-size pieces; discard any excess fat. In large bowl, stir together remaining 1 cup barbecue sauce and the shredded pork.
- In 10-inch skillet over medium heat, cook sausage slices until heated through and crisp around edges.
- In medium bowl, stir together coleslaw mix and dressing. To make sandwiches, pile pork mixture, smoked sausage, coleslaw and pickles on buns.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:24.52, Inflammation Score:-6, Nutrition Score:39.194347775501%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 889.57kcal (44.48%), Fat: 34.13g (52.51%), Saturated Fat: 9.3g (58.15%), Carbohydrates: 82.63g (27.54%), Net Carbohydrates: 78.96g (28.71%), Sugar: 42.58g (47.31%), Cholesterol: 168.91mg (56.3%), Sodium: 2533.74mg (110.16%), Alcohol: 0.77g (100%), Alcohol %: 0.18% (100%), Protein: 58.05g (116.1%), Vitamin B3: 21.19mg (105.93%), Vitamin B1: 1.46mg (97.65%), Selenium: 60.35µg (86.22%), Vitamin B6: 1.65mg (82.29%), Iron: 14.03mg (77.93%), Vitamin B2: 1.09mg (64.2%), Vitamin K: 66.18µg (63.03%), Phosphorus: 556.66mg (55.67%), Vitamin B12: 2.67µg (44.43%), Zinc: 5.46mg (36.4%), Potassium: 1193.09mg (34.09%), Vitamin C: 24.97mg (30.26%), Vitamin B5: 2.49mg (24.9%), Magnesium: 81.46mg (20.36%), Manganese: 0.32mg (15.9%), Fiber: 3.67g (14.69%), Copper: 0.28mg (13.78%), Vitamin E: 1.67mg (11.15%), Folate: 36.25µg (9.06%), Calcium: 86.95mg (8.69%), Vitamin A: 295.98IU (5.92%), Vitamin D: 0.73µg (4.85%)