



Double Meat Dudewich

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

READY IN



345 min.

SERVINGS



6

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups barbecue sauce
- 14 oz andouille smoked cut into 1/2-inch slices
- 0.5 cup beer such as a boston lager
- 0.5 cup the dressing
- 14 oz coleslaw mix
- 6 servings dill pickle
- 0.5 teaspoon ground mustard
- 6 onion split

- 1 teaspoon garlic
- 2.5 lb pork shoulder boneless trimmed
- 1 teaspoon lawry's seasoned salt

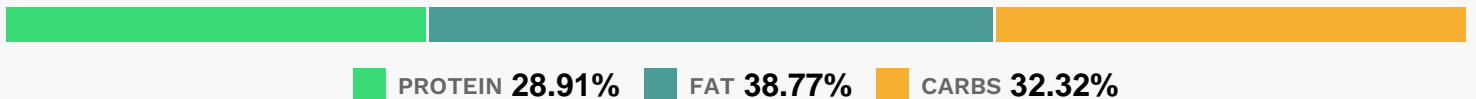
Equipment

- 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:23.58, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:39.261304399242%

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: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.53mg, Quercetin: 22.53mg, Quercetin: 22.53mg, Quercetin: 22.53mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 759.54kcal (37.98%), Fat: 32.08g (49.36%), Saturated Fat: 9.36g (58.49%), Carbohydrates: 60.17g (20.06%), Net Carbohydrates: 55.62g (20.23%), Sugar: 43.04g (47.83%), Cholesterol: 168.91mg (56.3%), Sodium: 2339.92mg (101.74%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 53.83g (107.67%), Vitamin B3: 21.27mg (106.37%), Vitamin B1: 1.52mg (101.39%), Vitamin B6: 1.78mg (89.23%), Selenium: 60.95µg (87.07%), Vitamin B2: 1.13mg (66.25%), Vitamin K: 68.57µg (65.3%), Phosphorus: 587.64mg (58.76%), Vitamin B12: 2.67µg (44.43%), Vitamin C: 33.51mg (40.62%), Potassium: 1365.25mg (39.01%), Zinc: 5.62mg (37.45%), Vitamin B5: 2.63mg (26.26%), Manganese: 0.46mg (23.14%), Magnesium: 91.94mg (22.99%), Iron: 3.63mg (20.15%), Fiber: 4.55g (18.21%), Copper: 0.32mg (15.93%), Folate: 57.31µg (14.33%), Vitamin E: 1.7mg (11.35%), Calcium: 112.89mg (11.29%), Vitamin A: 319.41IU (6.39%), Vitamin D: 0.73µg (4.85%)