



Easy Shredded Pork

 Gluten Free  Dairy Free

READY IN



435 min.

SERVINGS



28

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 80 ounce barbeque sauce
- 1 tablespoon brown sugar
- 1 tablespoon mustard dry
- 1 tablespoon garlic powder
- 3 tablespoons kosher salt
- 3 tablespoons paprika
- 14 pound pork shoulder roasts

Equipment

- bowl
- oven
- pot
- roasting pan

Directions

- Mix the paprika, garlic powder, brown sugar, dry mustard, and kosher salt together in a small bowl; spread evenly over the pork roasts. Refrigerate the seasoned roasts at least 3 hours.
- Preheat oven to 300 degrees F (150 degrees C).
- Place pork roasts into a large roasting pan.
- Bake the roasts in the preheated oven until pork is tender and shreds easily with 2 forks, 4 to 6 hours.
- Shred the pork and place into a large pot over medium heat.
- Mix the meat with the barbeque sauce. Bring the mixture to a simmer and cook until the flavors have blended, about 30 minutes.

Nutrition Facts

PROTEIN 32.52% **FAT 27.71%** **CARBS 39.77%**

Properties

Glycemic Index:0.71, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:18.427391394325%

Nutrients (% of daily need)

Calories: 350.03kcal (17.5%), Fat: 10.58g (16.27%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 33.1g (12.04%), Sugar: 27.41g (30.45%), Cholesterol: 92.69mg (30.9%), Sodium: 1687.74mg (73.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Vitamin B1: 1.25mg (83.16%), Selenium: 42.51µg (60.73%), Vitamin B6: 0.66mg (32.84%), Vitamin B3: 6.49mg (32.44%), Zinc: 4.54mg (30.27%), Phosphorus: 301.28mg (30.13%), Vitamin B2: 0.49mg (28.83%), Potassium: 682.75mg (19.51%), Vitamin B12: 1.16µg (19.37%), Iron: 2.41mg (13.41%), Vitamin B5: 1.29mg (12.94%), Vitamin A: 559.22IU (11.18%), Magnesium: 42.12mg (10.53%), Copper: 0.2mg (10.09%), Manganese: 0.14mg (7.09%), Vitamin E: 0.88mg (5.87%), Calcium: 49.52mg (4.95%), Fiber: 1.05g (4.19%), Folate: 9.45µg (2.36%), Vitamin K: 2.07µg (1.98%), Vitamin C: 1.62mg (1.96%)