



Exquisite Pulled Pork



Gluten Free



Dairy Free

READY IN



530 min.

SERVINGS



16

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup brown sugar
- ☐ 5 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion sliced
- ☐ 6 pounds pork butt roast

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.5 teaspoon sea salt
- ☐ 6 ounce tomato paste canned
- ☐ 3 tablespoons worcestershire sauce

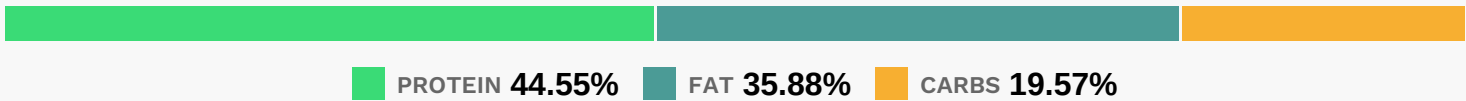
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Pour 1 teaspoon olive oil into a slow cooker and arrange sliced onion over oil.
- ☐ Place pork roast over onion.
- ☐ Cook on Low until pork is very tender, 8 to 9 hours.
- ☐ Transfer roast to a platter and discard onion and liquid. Shred pork with two forks.
- ☐ Heat remaining 2 tablespoons olive oil in a stock pot over medium heat; cook and stir chopped onion, garlic, and red pepper flakes until onion is translucent, about 5 minutes.
- ☐ Add shredded pork, tomato paste, molasses, brown sugar, Worcestershire sauce, balsamic vinegar, salt, and black pepper; stir well. Cover and simmer until sauce is thickened, stirring occasionally, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:4.17, Inflammation Score:-3, Nutrition Score:21.698695395304%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 296.5kcal (14.82%), Fat: 11.52g (17.73%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 13.77g (5.01%), Sugar: 12.74g (14.16%), Cholesterol: 102.06mg (34.02%), Sodium: 245.75mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Selenium: 50.14µg (71.64%), Vitamin B1: 0.97mg (64.59%), Vitamin B6: 1mg (49.77%), Vitamin B2: 0.67mg (39.21%), Zinc: 5.81mg (38.73%), Vitamin B3: 7.74mg (38.69%), Phosphorus: 356.55mg (35.65%), Vitamin B5: 2.8mg (27.99%), Vitamin B12: 1.55µg (25.8%), Potassium: 810.43mg (23.16%), Magnesium: 67.19mg (16.8%), Iron: 2.95mg (16.37%), Copper: 0.26mg (12.98%), Manganese: 0.24mg (11.93%), Vitamin D: 1.02µg (6.8%), Calcium: 59.78mg (5.98%), Vitamin E: 0.82mg (5.48%), Vitamin C: 2.19mg (2.66%), Vitamin K: 1.81µg (1.72%), Fiber: 0.37g (1.47%)