



Faye's Pulled Barbecue Pork

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups barbecue sauce
- 6 pounds boston butt roast
- 0.1 tablespoon cayenne pepper
- 4 cloves garlic minced
- 2 teaspoons ground pepper black
- 1 onion chopped
- 2 teaspoons seasoning salt

Equipment

- bowl
- dutch oven

Directions

- Rub garlic, seasoning salt, pepper and cayenne pepper to taste onto roast.
- Place roast in a large Dutch oven and fill half way with water add onion. Bring to a rolling boil over high heat. Reduce heat simmer and let cook until meat falls off the bone. This should take at least 3 to 4 hours depending on the size of the roast.
- Place hot roast in a serving bowl and pour on your favorite barbecue sauce. Stir until well blended.
- Serve!

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:27.753043648989%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 428.51kcal (21.43%), Fat: 13.43g (20.67%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 29.68g (10.79%), Sugar: 24.14g (26.83%), Cholesterol: 136.08mg (45.36%), Sodium: 1272.07mg (55.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.27g (86.54%), Selenium: 65.1µg (92.99%), Vitamin B1: 1.29mg (85.91%), Vitamin B6: 1.26mg (63.04%), Vitamin B2: 0.92mg (53.86%), Vitamin B3: 10.4mg (52.01%), Zinc: 7.78mg (51.84%), Phosphorus: 477.3mg (47.73%), Vitamin B5: 3.69mg (36.93%), Vitamin B12: 2.06µg (34.4%), Potassium: 957.67mg (27.36%), Iron: 3.26mg (18.08%), Magnesium: 61.02mg (15.25%), Copper: 0.29mg (14.72%), Manganese: 0.19mg (9.63%), Vitamin D: 1.36µg (9.07%), Vitamin E: 1.14mg (7.59%), Calcium: 61.06mg (6.11%), Vitamin A: 183.93IU (3.68%), Fiber: 0.92g (3.68%), Vitamin K: 1.93µg (1.84%), Vitamin C: 1.46mg (1.77%)