



Hawaiian BBQ Pulled Pork Sandwich with Grilled Pineapple Relish

READY IN



410 min.

SERVINGS



4

CALORIES



1351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 cup brown sugar
- 1 tablespoon pepper red crushed
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 4 cloves garlic smashed
- 1 tablespoon garlic powder
- 2 teaspoons ground cinnamon

- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 4 hawaiian bread rolls sweet soft
- 1 jalapeño diced seeded
- 1 juice of lime juiced
- 1 tablespoon kosher salt
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup brown sugar light
- 4 servings oil for grilling
- 1 tablespoon onion powder
- 1 pineapple fresh cored cut into 1-inch slices
- 5 pounds shoulder boneless
- 4 servings cabbage shredded red
- 0.5 onion diced red
- 2 cups rice vinegar
- 4 servings butter unsalted softened

Equipment

- bowl
- oven
- plastic wrap
- grill
- kitchen thermometer
- dutch oven
- grill pan

Directions

- For the roast pork: In a small bowl, combine the brown sugar, coriander, garlic powder, onion powder, salt, black pepper, cinnamon and cumin to make a dry rub. Massage the rub over the pork, making sure to rub it in between the scored fat cap. Wrap the pork in plastic wrap and let it sit for 2 hours or overnight in the fridge.
- Preheat the oven to 325 degrees F with the oven rack in the middle position.
- Remove the plastic wrap from the pork and place in a Dutch oven with a lid. Cover and place in the oven to roast for 3 hours. After 3 hours, uncover and cook for another 45 minutes to brown the fat and cook until the pork registers 200 degrees F on an instant-read thermometer.
- Remove from the oven and let rest for 20 minutes.
- For the sandwich build: Using two forks or your hands, pull apart the warm pork. Toss with the Chile Sauce. Butter and toast the buns until golden brown.
- Place ample quantities of pork on the bottom bun and top with Grilled Pineapple Relish and shredded red cabbage. Do your best hula dance and enjoy.
- Bring the vinegar, sugar, crushed red pepper, salt and garlic to a boil and cook until the sugar and salt dissolve. Simmer for 5 to 10 minutes, and then set aside until the pork is ready. Right before you toss in the pork, remove the smashed garlic cloves.
- Preheat a grill pan or grill over high heat. Rub the grill with a bit of oil and grill each side of the pineapple slices until dark grill marks appear, 3 to 5 minutes a side. Roughly chop the pineapple and add it to a bowl with the cilantro, ginger, lime juice, jalapeno and onions. Season with salt and pepper.

Nutrition Facts

 **PROTEIN 32.87%**  **FAT 34.89%**  **CARBS 32.24%**

Properties

Glycemic Index:88.92, Glycemic Load:16.38, Inflammation Score:-9, Nutrition Score:62.919999993366%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.49mg, Quercetin:

3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 1351.35kcal (67.57%), Fat: 51.54g (79.29%), Saturated Fat: 15.11g (94.42%), Carbohydrates: 107.17g (35.72%), Net Carbohydrates: 101.08g (36.76%), Sugar: 90.54g (100.6%), Cholesterol: 351.48mg (117.16%), Sodium: 2760.18mg (120.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 109.27g (218.54%), Selenium: 163.72µg (233.89%), Vitamin B1: 3.39mg (225.89%), Vitamin B6: 3.41mg (170.26%), Vitamin C: 118mg (143.03%), Manganese: 2.74mg (136.96%), Vitamin B2: 2.29mg (134.9%), Vitamin B3: 26.52mg (132.59%), Zinc: 19.77mg (131.8%), Phosphorus: 1213.11mg (121.31%), Vitamin B5: 9.58mg (95.82%), Vitamin B12: 5.17µg (86.14%), Potassium: 2441.83mg (69.77%), Iron: 9.4mg (52.22%), Copper: 0.96mg (48.06%), Magnesium: 177.8mg (44.45%), Vitamin E: 4.96mg (33.04%), Fiber: 6.09g (24.36%), Vitamin D: 3.48µg (23.18%), Calcium: 228.17mg (22.82%), Vitamin A: 928.44IU (18.57%), Vitamin K: 17.23µg (16.41%), Folate: 49.29µg (12.32%)