



Hawaiian Pulled Pork Sandwiches

 Dairy Free

READY IN



485 min.

SERVINGS



4

CALORIES



897 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 tablespoon canola oil
- ☐ 2 carrots chopped
- ☐ 0.5 cup chicken broth
- ☐ 1 cup chili sauce
- ☐ 2 teaspoons garlic chopped
- ☐ 1 tablespoon ginger chopped
- ☐ 1 teaspoon ground pepper fresh

- ☐ 8 hamburger rolls
- ☐ 1 medium onion chopped
- ☐ 1 tablespoon paprika
- ☐ 6 ounce pineapple juice canned
- ☐ 3.5 pounds boston butt pork shoulder
- ☐ 0.3 cup soya sauce
- ☐ 1 packet teriyaki marinade recommended: McCormick Grill Mates

Equipment

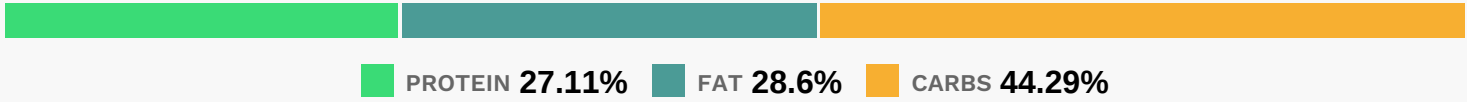
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ In small bowl, combine teriyaki mix, paprika and pepper.
- ☐ Coat the pork the with rub mixture, patting until all rub is used. Set aside.
- ☐ In a bowl whisk together the chicken broth, brown sugar, soy sauce, chili sauce and pineapple juice. Set aside.
- ☐ Put the chopped onions and carrots in a 5-quart slow cooker.
- ☐ Place the pork on top of the carrots and onions and pour half of the pineapple juice mixture over pork. Reserve remainder for Hawaiian sauce. Cover and cook on low for 7 to 8 hours. The meat should fall apart easily.
- ☐ Remove the roast from the slow cooker to a cutting board. Using 2 forks carefully pull the meat into shreds.
- ☐ In a medium pot heat the oil over medium heat.
- ☐ Add garlic and ginger and saute until soft, about 2 minutes.

- ☐ Add the remaining pineapple juice mixture, bring to a boil, then reduce heat and simmer for 10 minutes.
- ☐ Remove from heat and set aside.
- ☐ Serve the pork on rolls drizzled with the Hawaiian sauce or on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:27.69, Inflammation Score:-10, Nutrition Score:44.706957195116%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 896.95kcal (44.85%), Fat: 28.34g (43.6%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 98.73g (32.91%), Net Carbohydrates: 92.75g (33.73%), Sugar: 51.33g (57.03%), Cholesterol: 162.8mg (54.27%), Sodium: 2483.96mg (108%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.43g (120.86%), Vitamin B1: 2.77mg (184.62%), Selenium: 96.83µg (138.33%), Vitamin A: 6462.03IU (129.24%), Vitamin B3: 16.37mg (81.83%), Vitamin B6: 1.38mg (68.8%), Vitamin B2: 1.16mg (68.33%), Phosphorus: 663.71mg (66.37%), Zinc: 8.7mg (57.99%), Potassium: 1506.49mg (43.04%), Iron: 7.74mg (42.99%), Manganese: 0.81mg (40.39%), Vitamin B12: 2.21µg (36.86%), Folate: 116.32µg (29.08%), Copper: 0.55mg (27.6%), Vitamin C: 22.38mg (27.12%), Magnesium: 105.42mg (26.35%), Fiber: 5.98g (23.92%), Vitamin E: 3.51mg (23.43%), Calcium: 230.76mg (23.08%), Vitamin B5: 2.26mg (22.65%), Vitamin K: 19.35µg (18.43%)