



Island-style Pulled Pork Sandwiches

 Dairy Free  Very Healthy

READY IN



285 min.

SERVINGS



4

CALORIES



1334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple-cider vinegar
- ☐ 1 tsp pepper black freshly ground
- ☐ 5 lbs boston butt pork shoulder bone-in also called butt
- ☐ 2 large carrots cut into chunks
- ☐ 4 celery stalks cut into chunks
- ☐ 4 large garlic cloves peeled
- ☐ 1 tablespoon ground cumin
- ☐ 1 tsp kosher salt

- ☐ 0.5 cup juice of lime
- ☐ 1 qts chicken broth reduced-sodium
- ☐ 2 medium onions quartered
- ☐ 2 cups orange juice
- ☐ 1 tablespoon oregano dried
- ☐ 16 small sandwich rolls split soft

Equipment

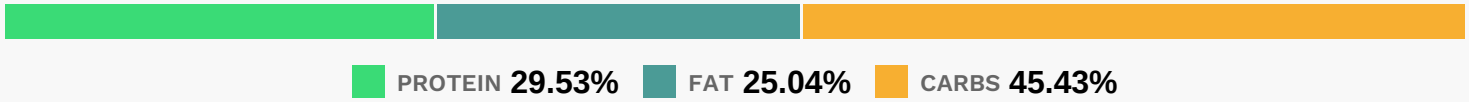
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Rinse pork and put in a large pot.
- ☐ Add onions, carrots, celery, garlic, cumin, oregano, orange juice, lime juice, and enough chicken broth just to cover meat. Bring to a boil over high heat, then cover pan, reduce heat, and simmer until pork is very tender when pierced, 3 to 3 1/2 hours.
- ☐ Preheat oven to 42
- ☐ Transfer pork to a large baking pan and pull off string.
- ☐ Bake until beginning to brown, about 10 minutes. With two large forks, break meat into large chunks. Continue to bake until richly browned, 10 to 12 minutes longer.
- ☐ Remove from oven and cover loosely with foil.
- ☐ Meanwhile, pour braising liquid and vegetables into a strainer set over a large, deep frying pan, pressing on vegetables with the back of a spoon to extract as much juice as possible; discard vegetables. Skim off and discard any fat from juices. Boil over high heat until reduced to about 4 cups, 30 to 40 minutes. Stir in vinegar and 1 tsp. each salt and pepper.

- ☐
- With forks, tear pork into large shreds, discarding any large chunks of fat and the bone.
- ☐
- Add meat to reduced braising liquid and stir gently over medium heat until very hot, about 5 minutes.
- ☐
- Add more salt and pepper to taste. Spoon pulled pork into a large bowl and serve with sandwich rolls alongside, or fill sandwich rolls and arrange them on a platter.

Nutrition Facts



Properties

Glycemic Index:67.46, Glycemic Load:9.27, Inflammation Score:-10, Nutrition Score:63.095651833907%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 17.53mg, Hesperetin: 17.53mg, Hesperetin: 17.53mg, Hesperetin: 17.53mg Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg, Quercetin: 11.77mg

Nutrients (% of daily need)

Calories: 1333.91kcal (66.7%), Fat: 36.75g (56.55%), Saturated Fat: 10.47g (65.43%), Carbohydrates: 150.02g (50.01%), Net Carbohydrates: 141.52g (51.46%), Sugar: 19.5g (21.66%), Cholesterol: 231.73mg (77.24%), Sodium: 2191.24mg (95.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.51g (195.01%), Vitamin B1: 4.33mg (288.97%), Selenium: 192.25µg (274.64%), Vitamin B3: 28.82mg (144.08%), Vitamin A: 6360.41IU (127.21%), Vitamin B2: 2.02mg (118.74%), Phosphorus: 1067.46mg (106.75%), Vitamin C: 81.24mg (98.47%), Zinc: 13.66mg (91.07%), Vitamin B6: 1.78mg (88.84%), Iron: 14.27mg (79.27%), Folate: 296.14µg (74.03%), Manganese: 1.48mg (73.84%), Potassium: 2182.5mg (62.36%), Vitamin B12: 3.14µg (52.36%), Copper: 0.97mg (48.34%), Magnesium: 173.55mg (43.39%), Vitamin B5: 4.26mg (42.63%), Calcium: 360.68mg (36.07%), Fiber: 8.5g (33.99%), Vitamin K: 16.54µg (15.75%), Vitamin E: 1.62mg (10.79%)