



Juicy Pulled Pork

 Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce hickory barbeque sauce flavored
- 0.5 cup brown sugar
- 14.5 ounce canned tomatoes canned
- 16 ounce mushrooms fresh
- 0.5 head garlic peeled
- 1 pinch salt and ground pepper black to taste
- 2 tablespoons malt vinegar
- 2 large onions coarsely chopped

- 2 pounds pork chops
- 0.3 cup water

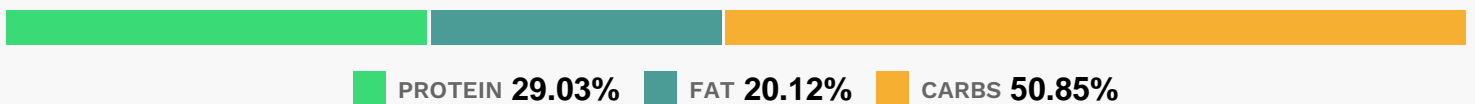
Equipment

- food processor
- oven
- blender
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine barbeque sauce, mushrooms, tomatoes, onion, brown sugar, garlic, vinegar, salt, and black pepper in a food processor or blender; pulse until mixture is blended but still chunky. If the mixture is too thick, add water.
- Arrange pork chops in a baking dish and cover with barbeque sauce mixture; cover with aluminum foil.
- Bake in the preheated oven until pork is very tender, about 3 hours. Shred pork with 2 forks.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:21.576086572979%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 385.01kcal (19.25%), Fat: 8.65g (13.32%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 46.4g (16.87%), Sugar: 39.51g (43.9%), Cholesterol: 75.98mg (25.33%), Sodium: 788.19mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.19%), Selenium: 44.57µg (63.67%), Vitamin B3: 12.18mg (60.92%), Vitamin B1: 0.88mg (58.42%), Vitamin B6: 1.08mg (53.98%), Phosphorus: 348.52mg (34.85%), Vitamin B2: 0.51mg (30.13%), Potassium: 982.12mg (28.06%), Copper: 0.41mg (20.58%), Vitamin B5: 2mg (19.96%), Zinc: 2.39mg (15.93%), Manganese: 0.3mg (14.96%), Magnesium: 58.72mg (14.68%), Iron: 2.14mg (11.86%), Vitamin C: 9.62mg (11.66%), Fiber: 2.79g (11.18%), Vitamin B12: 0.62µg (10.39%), Vitamin E: 1.31mg (8.76%), Calcium: 71.88mg (7.19%), Folate: 24.91µg (6.23%), Vitamin A: 258.87IU (5.18%), Vitamin K: 4.07µg (3.88%), Vitamin D: 0.57µg (3.78%)