



WHATSheATE



Korean BBQ Pulled Pork Sandwich



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup gochujang bbq sauce
- ☐ 3 pound pork butt
- ☐ 2 cups sesame and ginger coleslaw
- ☐ 8 buns

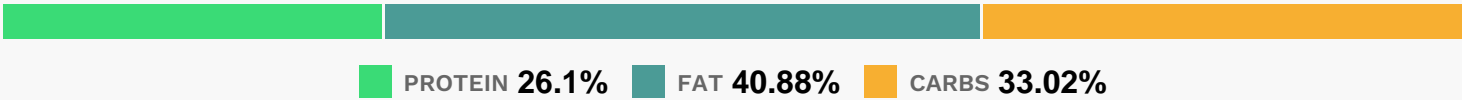
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Put the pork in the slow cooker, pour 1/2 cup of the gochujang bbq sauce over it and cook on low heat for 8 hours.
- ☐ Remove the pork from the slow cooker and let it cool.
- ☐ Meanwhile, skim the fat from the juices and mix as much of the juices as you want into the remaining gochujang bbq sauce. Simmer in a sauce pan to reduce if necessary.
- ☐ Shred the pork with a pair of forks and mix in gochujang bbq sauce and juice mixture.
- ☐ Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:24.49, Inflammation Score:-7, Nutrition Score:38.455217278522%

Nutrients (% of daily need)

Calories: 674.13kcal (33.71%), Fat: 30.76g (47.33%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 55.9g (18.63%), Net Carbohydrates: 50.09g (18.21%), Sugar: 16.31g (18.13%), Cholesterol: 102.06mg (34.02%), Sodium: 775.43mg (33.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.39%), Iron: 18.38mg (102.09%), Selenium: 61.33µg (87.62%), Copper: 1.73mg (86.5%), Vitamin B1: 1.25mg (83.6%), Vitamin B6: 1.21mg (60.46%), Phosphorus: 586.62mg (58.66%), Zinc: 8.68mg (57.88%), Manganese: 0.99mg (49.48%), Vitamin B3: 9.37mg (46.84%), Vitamin B2: 0.77mg (45.05%), Magnesium: 173.69mg (43.42%), Calcium: 407.63mg (40.76%), Vitamin B5: 2.74mg (27.43%), Vitamin B12: 1.55µg (25.8%), Potassium: 835.07mg (23.86%), Fiber: 5.81g (23.25%), Folate: 37.09µg (9.27%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.79mg (5.25%), Vitamin A: 83.46IU (1.67%)