



Memphis Pork and Coleslaw Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.7 cups barbecue sauce
- ☐ 12 ounce beer canned
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 5 pound boston butt pork shoulder bone-in (Boston butt)
- ☐ 1 teaspoon canola oil
- ☐ 1.5 teaspoons ground mustard dry
- ☐ 1.5 teaspoons garlic powder
- ☐ 1.5 teaspoons granulated sugar

- ☐ 6 cups cabbage green chopped
- ☐ 13 hawaiian rolls
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon mayonnaise reduced-fat
- ☐ 1.5 tablespoons mustard prepared
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 teaspoons onion powder
- ☐ 2 tablespoons paprika
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups water
- ☐ 0.3 cup vinegar white
- ☐ 1.5 tablespoons vinegar white
- ☐ 4 pounds hickory wood chunks
- ☐ 1 tablespoon worcestershire sauce

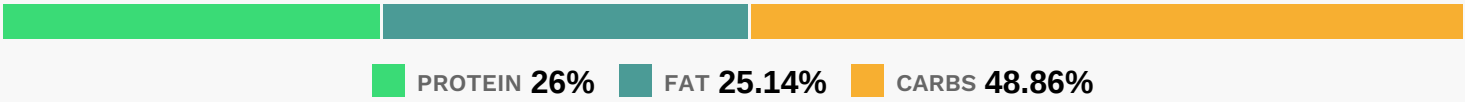
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ To prepare pork, soak wood chunks in water about 16 hours; drain.
- ☐ Combine paprika and next 6 ingredients (through dry mustard); reserve 1 tablespoon paprika mixture. Rub half of remaining paprika mixture onto pork.
- ☐ Place in a large zip-top plastic bag; seal and refrigerate overnight.
- ☐ Remove pork from refrigerator; let stand at room temperature 30 minutes. Rub remaining half of paprika mixture onto pork.
- ☐ Combine reserved 1 tablespoon paprika mixture, 1/3 cup vinegar, Worcestershire, oil, and beer in a small saucepan; cook over low heat 5 minutes or until warm.
- ☐ Remove grill rack; set aside. Prepare grill for indirect grilling, heating one side to medium-low and leaving one side with no heat. Maintain temperature at 22
- ☐ Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heated side of grill; add half of wood chunks to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour 2 cups water in pan. Coat grill rack with cooking spray; place grill rack on grill.
- ☐ Place pork on grill rack over foil pan on unheated side. Close lid; cook 4 1/2 hours or until a thermometer registers 170, gently brushing pork with beer mixture every hour (avoid brushing off sugar mixture).
- ☐ Add additional wood chunks halfway during cooking time. Discard any remaining beer mixture.
- ☐ Preheat oven to 25
- ☐ Remove pork from grill. Wrap pork in several layers of aluminum foil, and place in a baking pan.
- ☐ Bake at 250 for 2 hours or until a thermometer registers 19
- ☐ Remove from oven.
- ☐ Let stand, still wrapped, 1 hour or until pork easily pulls apart. Unwrap pork; trim and discard fat. Shred pork with 2 forks.
- ☐ While pork bakes, prepare slaw.
- ☐ Combine onion and next 5 ingredients (through 1/4 teaspoon salt) in a large bowl.
- ☐ Add cabbage, and toss to coat. Cover and chill 3 hours before serving.
- ☐ Serve pork and slaw on buns with Memphis Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:14.21, Inflammation Score:-7, Nutrition Score:26.911304390949%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 569.73kcal (28.49%), Fat: 15.56g (23.94%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 68.06g (22.69%), Net Carbohydrates: 65.43g (23.79%), Sugar: 18.19g (20.22%), Cholesterol: 71.47mg (23.82%), Sodium: 1039.19mg (45.18%), Alcohol: 1.02g (100%), Alcohol %: 0.29% (100%), Protein: 36.2g (72.41%), Vitamin B1: 1.22mg (81.19%), Selenium: 45.19µg (64.56%), Vitamin B2: 0.8mg (47.07%), Phosphorus: 443.57mg (44.36%), Vitamin B3: 8.04mg (40.21%), Manganese: 0.73mg (36.74%), Zinc: 4.59mg (30.58%), Calcium: 295.78mg (29.58%), Vitamin B6: 0.59mg (29.3%), Vitamin K: 29.77µg (28.35%), Magnesium: 105.57mg (26.39%), Copper: 0.49mg (24.68%), Iron: 4.27mg (23.73%), Vitamin C: 18.13mg (21.98%), Potassium: 619.59mg (17.7%), Vitamin B12: 0.99µg (16.42%), Folate: 64.08µg (16.02%), Vitamin A: 656.71IU (13.13%), Vitamin B5: 1.06mg (10.63%), Fiber: 2.63g (10.5%), Vitamin E: 0.88mg (5.84%)