



Perfect Pulled Pork

 Dairy Free  Popular

READY IN



370 min.

SERVINGS



20

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black
- 1 teaspoon cayenne
- 1 teaspoon thyme leaves dried
- 1 teaspoon garlic powder
- 5 pound pork butt boneless (shoulder)
- 0.5 teaspoon salt
- 20 servings sandwich buns soft
- 1.5 teaspoons paprika smoked

1 cup water

Equipment

bowl

slow cooker

cutting board

Directions

Combine all the seasonings in a small bowl and rub evenly over roast.

Place meat in a 6-quart slow cooker.

Add water. Cover and cook on LOW for 6–8 hours or HIGH for 4–5 hours or until pork is very tender.

Remove pork to a large cutting board or platter and let rest for 10–15 minutes. Pull, slice or chop to serve.

Serve in buns with barbecue sauce.

Nutrition Facts


PROTEIN 57.7% **FAT 39.79%** **CARBS 2.51%**

Properties

Glycemic Index:4.2, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:13.183913172587%

Nutrients (% of daily need)

Calories: 154.49kcal (7.72%), Fat: 6.57g (10.1%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.05g (0.05%), Cholesterol: 68.04mg (22.68%), Sodium: 138.17mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Selenium: 32.44µg (46.34%), Vitamin B1: 0.64mg (42.63%), Vitamin B6: 0.6mg (30.01%), Vitamin B2: 0.44mg (26.02%), Zinc: 3.84mg (25.6%), Vitamin B3: 5.05mg (25.23%), Phosphorus: 231.87mg (23.19%), Vitamin B5: 1.79mg (17.89%), Vitamin B12: 1.03µg (17.2%), Potassium: 395.8mg (11.31%), Iron: 1.52mg (8.46%), Magnesium: 26.32mg (6.58%), Copper: 0.12mg (6.23%), Vitamin D: 0.68µg (4.54%), Manganese: 0.05mg (2.74%), Vitamin E: 0.36mg (2.38%), Vitamin A: 118.49IU (2.37%), Calcium: 19.66mg (1.97%), Vitamin K: 1.39µg (1.33%)