



## Pork on a Bun

 Dairy Free

READY IN



255 min.

SERVINGS



20

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 5 lb boston butt pork shoulder boneless
- 2 tsp garlic fresh minced
- 2 tsp gingerroot grated
- 20 hamburger buns
- 0.8 cup a.1. original sauce
- 0.5 cup pineapple juice

## Equipment

- frying pan
- grill
- aluminum foil

## Directions

- Heat grill to medium heat.
- Mix first 4 ingredients until blended.
- Place meat in disposable foil pan; cover with barbecue sauce mixture. Refrigerate 20 min., turning after 10 min.
- Place pan on grill grate; cover with lid of grill. Cook 3 to 3-1/2 hours or until meat is tender.
- Remove from grill; cover with foil.
- Let stand 10 min.
- Shred meat with 2 forks; mix with steak sauce.
- Serve in buns.

## Nutrition Facts

**PROTEIN 42.53%** **FAT 17.9%** **CARBS 39.57%**

## Properties

Glycemic Index:7.65, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:18.859130427889%

## Nutrients (% of daily need)

Calories: 290.81kcal (14.54%), Fat: 5.6g (8.62%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 27g (9.82%), Sugar: 8.15g (9.05%), Cholesterol: 68.04mg (22.68%), Sodium: 453.96mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.94g (59.88%), Vitamin B1: 0.97mg (64.71%), Vitamin B3: 12.74mg (63.72%), Selenium: 41.09µg (58.7%), Vitamin B6: 0.86mg (43.04%), Vitamin B2: 0.66mg (38.86%), Phosphorus: 305.51mg (30.55%), Vitamin B12: 1.07µg (17.88%), Zinc: 2.55mg (16.98%), Manganese: 0.3mg (14.88%), Potassium: 507.32mg (14.49%), Iron: 2.55mg (14.19%), Vitamin B5: 1.13mg (11.31%), Folate: 41.66µg (10.41%), Magnesium: 41.17mg (10.29%), Calcium: 73.52mg (7.35%), Copper: 0.14mg (7.18%), Fiber: 0.86g (3.44%), Vitamin K: 2.22µg (2.11%), Vitamin E: 0.27mg (1.77%), Vitamin C: 1.29mg (1.56%)