



Pressure Cooker Barbeque Pork



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



16

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 ounce barbeque sauce
- ☐ 1 teaspoon garlic powder
- ☐ 8 pounds pork butt roast
- ☐ 16 servings salt and pepper to taste

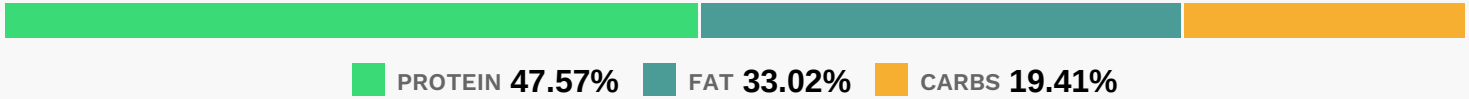
Equipment

- ☐ pressure cooker

Directions

☐ Season the pork with garlic powder, salt and pepper; place into a 4 to 6 quart pressure cooker. Fill with enough water to cover. Close the lid and bring up to 15 pounds of pressure. Cook for 1 hour. Release the pressure and drain off juices, reserving about 2 cups. Shred the pork and mix with barbeque sauce, adding reserved liquid if needed to reach your desired consistency.

Nutrition Facts



Properties

Glycemic Index:0.31, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:26.423043843845%

Nutrients (% of daily need)

Calories: 373.13kcal (18.66%), Fat: 13.22g (20.34%), Saturated Fat: 4.55g (28.44%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 17.09g (6.21%), Sugar: 14.12g (15.69%), Cholesterol: 136.08mg (45.36%), Sodium: 779.32mg (33.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.86g (85.72%), Selenium: 64.55µg (92.22%), Vitamin B1: 1.28mg (85.07%), Vitamin B6: 1.22mg (60.83%), Vitamin B2: 0.89mg (52.65%), Zinc: 7.7mg (51.32%), Vitamin B3: 10.2mg (51.02%), Phosphorus: 467.41mg (46.74%), Vitamin B5: 3.63mg (36.25%), Vitamin B12: 2.06µg (34.4%), Potassium: 869.77mg (24.85%), Iron: 3.01mg (16.7%), Magnesium: 55.57mg (13.89%), Copper: 0.26mg (13.15%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.89mg (5.91%), Calcium: 46.05mg (4.61%), Manganese: 0.09mg (4.27%), Vitamin A: 95.25IU (1.91%), Fiber: 0.4g (1.6%)