



 **77%**
HEALTH SCORE

Pulled Pork

 Dairy Free  Very Healthy

READY IN



585 min.

SERVINGS



14

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups apple cider vinegar
- 1 beer
- 7 pound pork butt bone-in cut in the fat cap
- 6 broccoli stems julienned peeled for something else (save the tops)
- 0.3 cup brown sugar
- 1 tablespoon brown sugar
- 12 burger buns toasted
- 4 carrots julienned peeled

- 2 teaspoons cayenne
- 3 rib celery julienned
- 1 tablespoon celery salt
- 2 fresno chilies sliced in half
- 0.3 cup cider vinegar
- 0.5 cup cornichons julienned
- 0.3 cup dijon mustard
- 2 tablespoons dijon mustard
- 1 tablespoon mustard dry
- 1 clove garlic smashed finely chopped
- 2 cloves garlic smashed
- 2 tablespoons garlic powder
- 1 apples i use 2 granny smith apples julienned
- 1 tablespoon kosher salt
- 14 servings kosher salt
- 1.5 cups mayonnaise
- 3 tablespoons pimentón
- 1 onion red julienned
- 1 tablespoon salt
- 0.3 cup tomato paste

Equipment

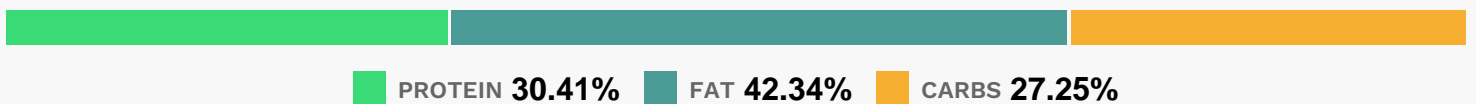
- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Watch how to make this recipe.

- Preheat the oven to 225 degrees F.
- Combine all the spices for the rub and massage it into the meat.
- Place the rubbed pork in a roasting pan and pour the beer into the pan. Cover it with foil and roast for 6 hours. Check it periodically just to make sure everything is going along just fine, turning it over every 2 hours.
- Remove the foil and roast until the pork has reached an internal temperature of 190 degrees F, about another 3 hours.
- Remove it from the oven, cover it loosely with foil, and let it rest for 30 minutes.
- Sometime during the marathon cook time, make the sauce. In a small saucepan combine all the ingredients and bring to a boil. Taste it to make sure it is delicious.
- Remove the chiles. When the sauce is cool, I recommend putting it in a squeeze bottle for easy use.
- Remove the bone from the pork, it should slide right out. Using your hands with dish gloves on, or with two forks, start to "pull" the pork into long shreds. Get rid of the fat and anything else that doesn't look delicious.
- Serve the pork on burger buns with a drizzle of vinegar sauce to your liking and top with Broccoli Stem and Carrot Slaw.
- Combine all the ingredients. Season with salt to make sure it is delicious.
- Let sit for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:16.54, Inflammation Score:-10, Nutrition Score:57.570434943489%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 20.54mg, Kaempferol: 20.54mg, Kaempferol: 20.54mg, Kaempferol: 20.54mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg, Quercetin: 10.66mg

Nutrients (% of daily need)

Calories: 725kcal (36.25%), Fat: 34.15g (52.54%), Saturated Fat: 8.05g (50.32%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 39.58g (14.39%), Sugar: 15.91g (17.68%), Cholesterol: 146.16mg (48.72%), Sodium: 2479.33mg (107.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.19g (110.39%), Vitamin K: 315.57µg (300.54%), Vitamin C: 245.95mg (298.12%), Selenium: 85.52µg (122.18%), Vitamin B1: 1.71mg (113.72%), Vitamin A: 5334.27IU (106.69%), Vitamin B6: 1.82mg (91.16%), Vitamin B2: 1.35mg (79.15%), Phosphorus: 717.25mg (71.72%), Vitamin B3: 13.88mg (69.38%), Zinc: 9.32mg (62.16%), Potassium: 1909.34mg (54.55%), Manganese: 1.09mg (54.54%), Folate: 210.04µg (52.51%), Vitamin B5: 5.23mg (52.33%), Fiber: 9.86g (39.46%), Iron: 6.96mg (38.64%), Vitamin B12: 2.17µg (36.11%), Magnesium: 132.84mg (33.21%), Vitamin E: 4.65mg (31%), Copper: 0.49mg (24.53%), Calcium: 242.76mg (24.28%), Vitamin D: 1.41µg (9.39%)