



## Pulled Pork Barbecue

 Dairy Free

READY IN



575 min.

SERVINGS



12

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 5 pound pork butt
- 1 cup brown mustard yellow
- 0.3 cup brown sugar packed
- 1 tablespoon brown sugar
- 1 teaspoon cayenne
- 1.5 cups cider vinegar
- 3 tablespoons sea salt

- 1 tablespoon mustard dry
- 2 garlic cloves smashed
- 1 tablespoon garlic powder
- 12 hamburger buns
- 0.5 cup catsup
- 1 teaspoon kosher salt
- 3 tablespoons paprika
- 12 servings pickle spears for serving
- 12 servings pan drippings from the pork

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- wooden spoon
- kitchen thermometer

## Directions

- Watch how to make this recipe.
- Mix the paprika, garlic powder, brown sugar, dry mustard, and salt together in a small bowl. Rub the spice blend all over the pork. Cover and refrigerate for at least 1 hour, or up to overnight.
- Preheat the oven to 300 degrees F.
- Put the pork in a roasting pan and roast it for about 6 hours. An instant-read thermometer stuck into the thickest part of the pork should register 170 degrees F, but basically, what you want to do is to roast it until it's falling apart.
- While the pork is roasting, make the barbecue sauce.
- Combine the vinegar, mustard, ketchup, brown sugar, garlic, salt, cayenne, and black pepper in a saucepan over medium heat. Simmer gently, stirring, for 10 minutes until the sugar dissolves.

Take it off the heat and let it sit until you're ready for it.

- When the pork is done, take it out of the oven and put it on a large platter. Allow the meat to rest for about 10 minutes. While it's resting, deglaze the pan over medium heat with 3/4 cup water, scraping with a wooden spoon to pick up all of the browned bits. Reduce by about half.
- Pour that into the saucepan with the sauce and cook 5 minutes.
- While the pork is still warm, you want to "pull" the meat: Grab 2 forks. Using 1 to steady the meat, use the other to "pull" shreds of meat off the roast.
- Put the shredded pork in a bowl and pour half of the sauce over. Stir it all up well so that the pork is coated with the sauce.
- To serve, spoon the pulled pork mixture onto the bottom half of each hamburger bun, and top with some slaw.
- Serve with pickle spears and the remaining sauce on the side.
- head green cabbage, shredded
- carrots, grated
- red onion, thinly sliced
- green onions (white and green parts), chopped
- fresh red chile, sliced
- 1/2 cups mayonnaise
- 1/4 cup Dijon mustard
- tablespoon cider vinegar
- lemon, juiced
- Pinch sugar
- 1/2 teaspoon celery seed
- Several dashes hot sauce
- Kosher salt and freshly ground black pepper
- Combine the cabbage, carrots, red onion, green onions, and chile in a large bowl. In another bowl, stir together the mayonnaise, mustard, vinegar, lemon juice, and sugar.
- Pour the dressing over the cabbage mixture and toss gently to mix. Season the cole slaw with the celery seed, hot sauce, salt, and black pepper. Chill for 2 hours in the refrigerator before serving.

# Nutrition Facts

PROTEIN 38.06% FAT 29.4% CARBS 32.54%

## Properties

Glycemic Index:18, Glycemic Load:13.13, Inflammation Score:-8, Nutrition Score:31.195652059887%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 445.02kcal (22.25%), Fat: 14.18g (21.81%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 32.78g (11.92%), Sugar: 13.51g (15.01%), Cholesterol: 114.12mg (38.04%), Sodium: 2895.19mg (125.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.29g (82.57%), Selenium: 71.16µg (101.66%), Vitamin B1: 1.36mg (90.54%), Vitamin B6: 1.13mg (56.28%), Vitamin B2: 0.94mg (55.35%), Vitamin B3: 10.68mg (53.38%), Phosphorus: 473.66mg (47.37%), Zinc: 7.06mg (47.05%), Vitamin B5: 3.09mg (30.89%), Vitamin B12: 1.81µg (30.21%), Iron: 4.74mg (26.32%), Potassium: 901.98mg (25.77%), Manganese: 0.51mg (25.34%), Vitamin A: 1103.35IU (22.07%), Magnesium: 73.4mg (18.35%), Copper: 0.31mg (15.43%), Calcium: 147.24mg (14.72%), Vitamin K: 15.11µg (14.39%), Folate: 52.2µg (13.05%), Fiber: 2.52g (10.07%), Vitamin E: 1.49mg (9.93%), Vitamin D: 1.13µg (7.56%), Vitamin C: 2.83mg (3.43%)