



Pulled Pork Barbecue Sandwiches

 Dairy Free

READY IN



1215 min.

SERVINGS



15

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon pepper black
- ☐ 4.5 pound boston butt pork shoulder bone-in (Boston butt)
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 2 cups cider vinegar
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons granulated sugar

- ☐ 1 teaspoon ground pepper red
- ☐ 1.5 ounce hamburger buns whole-wheat
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 0.8 cup catsup low-sodium
- ☐ 1 tablespoon brown sugar light
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon paprika smoked spanish
- ☐ 1 tablespoon pepper sauce hot
- ☐ 7.5 cups hickory wood chips
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water

Equipment

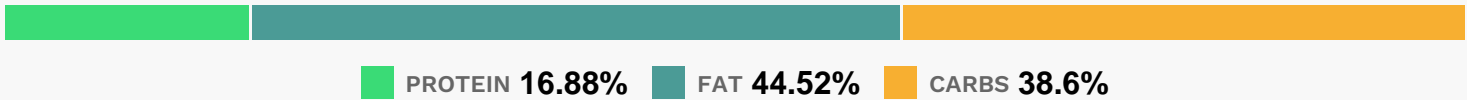
- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine first 8 ingredients in a large bowl. Rub spice mixture onto pork; place pork in bowl. Cover and chill at least 8 hours or overnight. Soak hickory wood chips in water 1 to 24 hours.
- ☐ Remove pork from refrigerator; let stand at room temperature 20 minutes. To prepare grill for indirect grilling, remove right grill rack. Preheat grill to low using both burners. After preheating, turn the left burner off (leave the right burner on). Maintain temperature at 225 to 25
- ☐ Drain wood chips.
- ☐ Place 1 1/2 cups wood chips on a 12-inch square of aluminum foil. Fold edges of foil to form a packet, and seal; pierce foil packet with a fork. Repeat procedure with remaining wood chips.

- ☐ Place 1 packet of wood chips on right side. Coat grill rack with cooking spray; place pork, fatty side up, on grill rack covering left burner. Cover and grill 8 to 10 hours or until a thermometer registers 19
- ☐ Replace packet of wood chips every 2 hours.
- ☐ While pork cooks, combine cider vinegar and next 7 ingredients (through 1/2 teaspoon black pepper) in a medium microwave-safe bowl. Microwave at HIGH 2 to 3 minutes or until sugar dissolves, stirring every 1 minute. Cool to room temperature.
- ☐ Combine coleslaw and 1/2 cup sauce in a large bowl; toss well. Cover and chill 1 hour.
- ☐ Remove meat from grill; let stand 20 minutes. Shred meat with 2 forks; discard bone and fat.
- ☐ Combine shredded pork and 2 cups sauce in a large bowl; toss to coat. Spoon 3 ounces pork and 1/3 cup coleslaw on bottom half of each hamburger bun. Cover with top halves of buns.
- ☐ Serve with additional sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:22.63, Inflammation Score:-10, Nutrition Score:22.407826154128%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 483.9kcal (24.19%), Fat: 24.03g (36.98%), Saturated Fat: 7.49g (46.84%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 40.12g (14.59%), Sugar: 6.85g (7.61%), Cholesterol: 55.62mg (18.54%), Sodium: 969.62mg (42.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin A: 5675.63IU (113.51%), Vitamin B1: 0.86mg (57.6%), Selenium: 26.42µg (37.74%), Vitamin B3: 6.92mg (34.6%), Vitamin B6: 0.65mg (32.48%), Phosphorus: 283.58mg (28.36%), Potassium: 982.82mg (28.08%), Fiber: 6.76g (27.02%), Manganese: 0.48mg (24.02%), Zinc: 3.19mg (21.27%), Vitamin B2: 0.36mg (21.12%), Iron: 3.15mg (17.49%), Vitamin B5: 1.44mg (14.41%), Vitamin C: 11.23mg (13.61%), Magnesium: 49.41mg (12.35%), Vitamin B12: 0.7µg (11.72%), Folate: 40.7µg (10.17%), Copper: 0.16mg (8.14%), Vitamin K: 5.85µg (5.57%), Vitamin E: 0.75mg (5.03%), Calcium: 45.97mg (4.6%)