



Pulled Pork Barbecue Sandwiches

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings barbecue sauce to taste
- ☐ 3 lb roasted boneless
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon cayenne pepper
- ☐ 0.3 cup chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup ground cumin
- ☐ 1 T olive oil

- ☐ 1 teaspoon onion powder
- ☐ 0.5 cup paprika
- ☐ 0.3 cup pepper
- ☐ 0.3 cup salt
- ☐ 8 sandwich buns

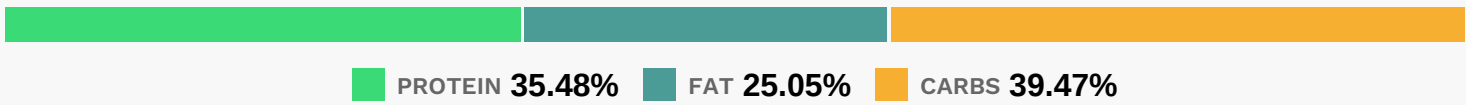
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan

Directions

- ☐ Dry Rub
- ☐ Combine all ingredients in a mixing bowl; blend well. Store in airtight container. Makes 1 3/4 cups.
- ☐ Rub surface of pork with Dry Rub
- ☐ Mix to taste reserving the rest for another use.
- ☐ Heat oil over medium heat in a large skillet; brown pork on all sides.
- ☐ Place the pork in a lightly greased roasting pan.
- ☐ Bake at 325 for 3 to 3 1/2 hours, or until very tender. When done, use 2 forks to shred meat.
- ☐ Add barbecue sauce to taste and serve on buns.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:42.473912871402%

Nutrients (% of daily need)

Calories: 525.1kcal (26.26%), Fat: 15.04g (23.14%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 53.33g (17.78%), Net Carbohydrates: 44.2g (16.07%), Sugar: 9.54g (10.6%), Cholesterol: 107.16mg (35.72%), Sodium: 4082.69mg (177.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.94g (95.88%), Vitamin A: 5913.42IU (118.27%), Selenium: 72.37µg (103.38%), Manganese: 1.73mg (86.53%), Vitamin B6: 1.68mg (84.2%), Vitamin B1: 1.13mg (75.08%), Vitamin B3: 14.22mg (71.1%), Iron: 11.29mg (62.74%), Phosphorus: 536.33mg (53.63%), Vitamin B2: 0.71mg (41.57%), Vitamin E: 6.02mg (40.12%), Fiber: 9.14g (36.55%), Potassium: 1257.98mg (35.94%), Zinc: 4.7mg (31.34%), Magnesium: 124.71mg (31.18%), Vitamin K: 27.66µg (26.35%), Copper: 0.49mg (24.43%), Calcium: 214.52mg (21.45%), Vitamin B5: 1.85mg (18.55%), Folate: 62.61µg (15.65%), Vitamin B12: 0.87µg (14.46%), Vitamin D: 0.68µg (4.54%), Vitamin C: 1.23mg (1.49%)