



Pulled Pork Sandwich



Dairy Free



Popular

READY IN



175 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion chopped
- ☐ 6 garlic cloves peeled
- ☐ 1 pickled jalapeño pepper seeded chopped
- ☐ 2 teaspoons chipotle chile powder
- ☐ 1 tablespoon tomato paste
- ☐ 2 tablespoon dijon mustard
- ☐ 0.8 cup distilled vinegar white
- ☐ 1 teaspoon paprika

- ☐ 0.3 cup catsup
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.3 cup brown sugar light
- ☐ 6 servings salt
- ☐ 1 bay leaf
- ☐ 3 pounds pork butt shoulder roast
- ☐ 6 servings hamburger buns

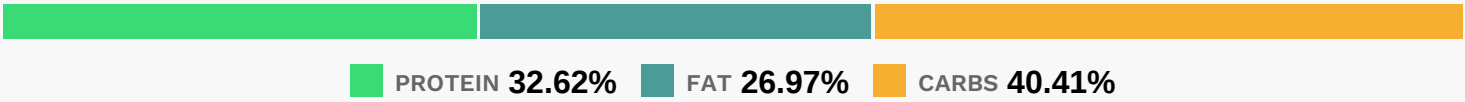
Equipment

- ☐ pot
- ☐ blender
- ☐ stove

Directions

- ☐ Purée sauce ingredients in blender: Purée all of the sauce ingredients (everything except the bay leaf, the pork and the buns) in a blender until smooth.
- ☐ If you have extra time, marinate the pork in the sauce overnight or for several hours before cooking.
- ☐ Simmer pork: Put sauce, bay leaf, and pork into a large pot and add 1 quart of water. Bring mixture to a boil, then reduce to a simmer. Cook, covered, turning frequently, for 2 hours or until the meat pulls apart easily with a fork.
- ☐ Shred the pork:
- ☐ Remove from heat and cool pork in the sauce. When cool enough to touch, remove the pork from the sauce and shred into small pieces. Set aside.
- ☐ Put the sauce back on the stove and bring it to a low boil.
- ☐ Let the sauce boil down until it has been reduced by two thirds.
- ☐ Add the pork back to the sauce. Salt to taste.
- ☐ Remove the bay leaf before serving.
- ☐ Serve the pork hot over open-face hamburger buns.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:13.91, Inflammation Score:-6, Nutrition Score:23.275652263476%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 407.08kcal (20.35%), Fat: 11.92g (18.33%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 37.9g (13.78%), Sugar: 17.37g (19.3%), Cholesterol: 92.69mg (30.9%), Sodium: 740.78mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.85%), Vitamin B1: 1.49mg (99.33%), Selenium: 55.3µg (79.01%), Vitamin B3: 8.15mg (40.75%), Vitamin B6: 0.72mg (35.98%), Vitamin B2: 0.61mg (35.89%), Phosphorus: 350.32mg (35.03%), Zinc: 4.84mg (32.24%), Vitamin B12: 1.25µg (20.8%), Iron: 3.74mg (20.76%), Manganese: 0.41mg (20.59%), Potassium: 687.1mg (19.63%), Folate: 55.12µg (13.78%), Magnesium: 49.82mg (12.45%), Vitamin B5: 1.24mg (12.39%), Copper: 0.24mg (11.92%), Calcium: 111.54mg (11.15%), Vitamin C: 8.64mg (10.47%), Fiber: 2.28g (9.13%), Vitamin A: 314.06IU (6.28%), Vitamin E: 0.63mg (4.22%), Vitamin K: 3.71µg (3.54%)