



HEALTH SCORE

82%

Pulled Pork Sandwich with Black Pepper Vinegar Sauce and Green Onion Slaw



Dairy Free



Very Healthy

READY IN



855 min.

SERVINGS



12

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup ancho chili powder
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 12 servings chicken stock see
- ☐ 2 teaspoons chile de árbol
- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 2 tablespoons dijon mustard

- ☐ 3 tablespoons mustard dry
- ☐ 1 cup green onions coarsely chopped
- ☐ 3 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 12 servings hamburger buns for serving
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup canola/olive oil blend
- ☐ 0.5 cup olive oil pure
- ☐ 3 tablespoons ground oregano dried
- ☐ 0.3 cup paprika spanish
- ☐ 6 pound boston butt pork shoulder
- ☐ 1 head purple cabbage shredded finely
- ☐ 1 small onion red halved thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup rice wine vinegar
- ☐ 12 servings salt
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 2 serrano chiles
- ☐ 12 servings water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ plastic wrap
- ☐ grill

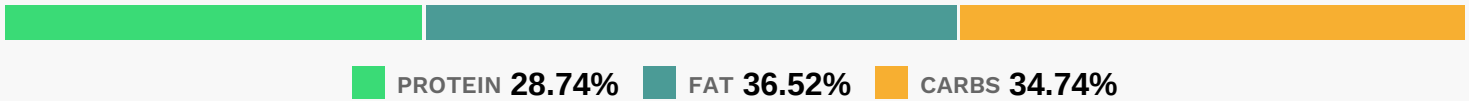
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: lump charcoal, wood chips soaked in water for 15 minutes, smoker or charcoal grill
- ☐ Add all the dry rub ingredients into a medium-sized bowl and stir until thoroughly combined.
- ☐ Place the pork, fat side up, on a clean baking sheet. Season the pork on all sides with salt and pepper then rub the dry rub all over the pork, pressing into the meat. Cover the pork with plastic wrap and place into the refrigerator for 7 hours.
- ☐ Remove the pork from the refrigerator 30 minutes prior to cooking. Following manufacturer's instructions and using lump charcoal and 1/2 cup drained wood chips for a smoker, or 1 cup for a barbecue, start fire and bring temperature of smoker or barbecue to 225 degrees F to 250 degrees F.
- ☐ Place the pork on the rack in smoker or barbecue. Cover and cook until an instant-read thermometer inserted into the center of the pork reaches 165 degrees F. Turn pork every 45 minutes, about 6 hours total. If using the smoker, after 2 hours place the pork into the smoker pan and fill halfway with chicken stock. (This is to prevent the shoulder from drying out.)
- ☐ Add more charcoal, as needed, to maintain 225 degrees F to 250 degrees F and more wood drained wood chips (1/2 cup for the smoker or 1 cup for the barbecue with each addition) to maintain smoke level.
- ☐ Transfer pork to a clean rimmed baking sheet.
- ☐ Let stand until cool enough to handle. Shred into bite-size pieces. Mound on platter and toss with most of the Black Pepper Vinegar Sauce, reserving the rest for drizzling the bun.
- ☐ Pour any juice from the baking sheet over the pork.
- ☐ Place all the ingredients into a blender and blend until emulsified.
- ☐ Add water if the sauce is too thick.
- ☐ Place the green onions, vinegar, chiles, mayonnaise, salt, pepper and oil into a blender and blend until emulsified.
- ☐ Place the cabbage and red onions in a bowl, add the dressing and stir until combined. Fold in the cilantro and season with salt and pepper, to taste.

Drizzle the sauce on the top and bottom of the bun. Top the bottom bun with the meat, another drizzle of sauce, Green Onion Slaw and finish with the top of the bun.

Nutrition Facts



Properties

Glycemic Index:42.27, Glycemic Load:15.06, Inflammation Score:-10, Nutrition Score:49.092173878184%

Flavonoids

Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 573.29kcal (28.66%), Fat: 23.93g (36.82%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 51.22g (17.07%), Net Carbohydrates: 39.75g (14.45%), Sugar: 13.35g (14.83%), Cholesterol: 100.87mg (33.62%), Sodium: 1837.75mg (79.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.38g (84.77%), Vitamin A: 7139.94IU (142.8%), Vitamin B1: 1.68mg (111.68%), Selenium: 67.4µg (96.28%), Vitamin K: 84.8µg (80.77%), Vitamin B3: 14.48mg (72.41%), Vitamin B6: 1.37mg (68.68%), Vitamin C: 50.97mg (61.78%), Vitamin B2: 1.04mg (61.41%), Vitamin E: 8.88mg (59.23%), Manganese: 1.06mg (53.18%), Iron: 9.19mg (51.08%), Phosphorus: 505.53mg (50.55%), Fiber: 11.47g (45.9%), Zinc: 6.35mg (42.32%), Potassium: 1466.76mg (41.91%), Copper: 0.62mg (31.15%), Magnesium: 114.24mg (28.56%), Calcium: 245.78mg (24.58%), Folate: 93.57µg (23.39%), Vitamin B12: 1.25µg (20.85%), Vitamin B5: 1.51mg (15.06%)