



Pulled-Pork Sandwiches

READY IN



640 min.

SERVINGS



10

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons apple cider vinegar
- 1 cup apricot preserves
- 2 teaspoons chili sauce hot (such as Sriracha)
- 10 servings coleslaw for serving
- 10 crusty rolls split
- 3 cloves garlic minced
- 8 cloves garlic minced
- 0.3 cup honey
- 1 tablespoon hungarian paprika

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- 1 cup catsup
- 10 servings kosher salt and pepper freshly ground
- 0.5 cup brown sugar light packed
- 2 tablespoons olive oil extra-virgin
- 4 medium onions chopped
- 7 pound boston butt pork shoulder bone-in skinless
- 0.5 cup spicy brown mustard
- 2 tablespoons butter unsalted

Equipment

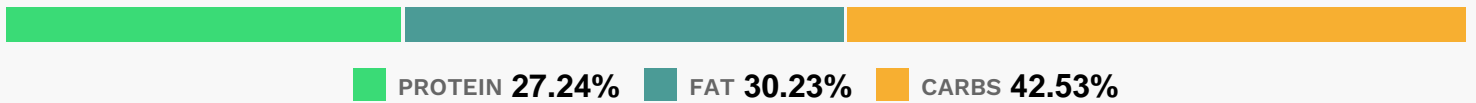
- bowl
- frying pan
- oven
- knife
- plastic wrap
- roasting pan
- aluminum foil
- carving fork

Directions

- Combine the mustard, honey, 1 teaspoon salt, 1 tablespoon pepper, the paprika and garlic in a bowl. Prick the pork on all sides (including the fat) with a paring knife, about 1/2 inch deep.
- Brush all over with the mustard mixture. Tightly wrap with plastic wrap and refrigerate at least 6 hours.
- Unwrap the pork, place in a roasting pan and bring to room temperature. Meanwhile, preheat the oven to 250 degrees F.
- Transfer the pork to the oven and pour 1 inch hot water into the pan. Cook 3 hours, adding water as needed to maintain 1 inch.

- Remove the pan from the oven, add water if needed and cover tightly with foil. Return to the oven and cook 6 more hours. Turn off the oven and let the pork rest inside, about 1 hour.
- Meanwhile, make the sauce: Melt the butter with the oil in a large skillet over medium heat.
- Add the onions, season with salt and pepper and cook, stirring occasionally, until tender, 6 to 8 minutes.
- Add the garlic and paprika and cook 2 to 3 more minutes (reduce the heat if the garlic starts to brown). Stir in the brown sugar, preserves, ketchup and chili sauce, stirring after each addition. Bring to a simmer, then stir in the vinegar.
- Add salt to taste.
- Remove the pork from the oven and take the meat off the bone. Coarsely shred the meat using 2 carving forks. Toss with some of the barbecue sauce and pan juices and season with salt and pepper.
- Serve on rolls with coleslaw.
- Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:29.700434779343%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 633.68kcal (31.68%), Fat: 21.42g (32.96%), Saturated Fat: 7.1g (44.38%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 64.54g (23.47%), Sugar: 35.48g (39.42%), Cholesterol: 135.79mg (45.26%), Sodium: 972.25mg (42.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.43g (86.86%), Vitamin B1: 1.99mg (132.98%), Selenium: 75µg (107.14%), Vitamin B3: 10.78mg (53.89%), Vitamin B6: 0.99mg (49.71%), Vitamin B2: 0.82mg (48.37%), Phosphorus: 470.7mg (47.07%), Zinc: 6.78mg (45.23%), Vitamin B12: 1.63µg (27.2%), Potassium: 937.71mg

(26.79%), Manganese: 0.49mg (24.68%), Iron: 4.41mg (24.51%), Vitamin B5: 1.96mg (19.62%), Folate: 71.33µg (17.83%), Copper: 0.34mg (17.15%), Magnesium: 67.65mg (16.91%), Vitamin A: 714.3IU (14.29%), Fiber: 3.25g (13.01%), Vitamin C: 9.53mg (11.55%), Calcium: 111.7mg (11.17%), Vitamin E: 1.32mg (8.77%), Vitamin K: 5.33µg (5.08%)