



 **52%**
HEALTH SCORE

Pulled Pork Sandwiches

 Dairy Free  Popular

READY IN



405 min.

SERVINGS



12

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 10 pound pork butt dried boneless rinsed
- 12 servings coleslaw for serving
- 2 tablespoons plus light
- 1.5 teaspoons mustard dry
- 0.3 cup granulated sugar
- 3 tablespoons granulated sugar
- 12 hamburger buns split soft

- 2 cups catsup
- 12 servings kosher salt and coarsely ground pepper
- 2 tablespoons juice of lemon fresh
- 0.3 cup brown sugar light packed
- 1 tablespoon onion powder
- 1.5 teaspoons onion powder
- 6 tablespoons paprika
- 12 servings pepper freshly ground
- 2 tablespoons worcestershire sauce

Equipment

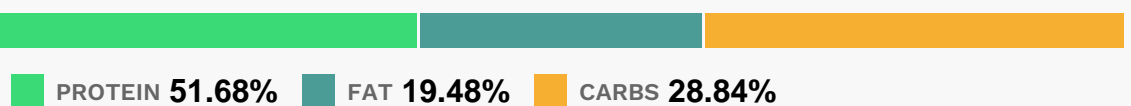
- bowl
- baking sheet
- sauce pan
- plastic wrap
- grill
- kitchen thermometer
- tongs

Directions

- If using a gas grill, preheat to high on one side; put soaked wood chips in a smoker box. Once smoking, reduce the heat to maintain a temperature of 275 degrees F and cook the pork, covered, on the cooler side of the grill.
- Rub the pork
- Mix the paprika, sugar and onion powder in a bowl.
- Transfer 3 tablespoons seasoning to a separate bowl, add 2 tablespoons salt and 3 tablespoons pepper, and massage onto the pork. Cover with plastic wrap and refrigerate at least 2 hours or up to 1 day. (Reserve the remaining barbecue seasoning.)
- Prepare the wood chips: Soak 6 cups wood chips in water, about 15 minutes, then drain. Don't oversoak, or the wood will snuff out the fire.

- Light the grill: Fill a smoker or kettle grill with charcoal and light. (Pat uses lighter fluid; you can also use a chimney starter.) When the coals are mostly white, spread them out with tongs.
- Spread 1/2 cup of the wood chips over the coals (use 1 cup for a kettle grill). The temperature of the grill should be about 275 degrees F.
- Place the pork fat-side down on a rack in the smoker or on the grill. Cover and cook, rotating the pork every hour or so, until a thermometer inserted into the center registers 165 degrees F, about 6 hours total.
- Feed the grill: As the pork cooks, add more charcoal and wood chips to keep the temperature between 250 degrees F and 275 degrees F and to maintain the smoke level.
- Make the sauce: Meanwhile, mix the ketchup, 1 cup water, both sugars, 1 1/2 teaspoons pepper, the onion and mustard powders, lemon juice, Worcestershire sauce, vinegar, corn syrup and 1 tablespoon of the reserved barbecue seasoning in a saucepan over high heat. Bring to a boil, stirring, then reduce the heat to low and simmer, uncovered, stirring occasionally, at least 2 hours.
- Let cool, then reheat on the grill when ready to use.
- Transfer the pork to a rimmed baking sheet (you'll want to catch all the flavorful juices) and let stand until cool enough to handle. Shred into bite-size pieces, pile on a platter and pour any juices from the baking sheet on top.
- Make the sandwiches: Mound the pork on bun bottoms, paint with a little barbecue sauce, top with slaw and cover with the bun tops. The best sandwich ever!

Nutrition Facts



Properties

Glycemic Index: 29.35, Glycemic Load: 18.58, Inflammation Score: -9, Nutrition Score: 43.256956618765%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 715.11kcal (35.76%), Fat: 15.16g (23.33%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 48.17g (17.52%), Sugar: 26.92g (29.91%), Cholesterol: 226.8mg (75.6%), Sodium: 1017.33mg (44.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.5g (181%), Vitamin B3: 39.06mg (195.31%), Vitamin B1: 2.7mg (179.92%), Selenium: 110.52µg (157.88%), Vitamin B6: 2.91mg (145.29%), Vitamin B2: 2mg (117.77%), Phosphorus: 938.48mg (93.85%), Vitamin B12: 3.37µg (56.24%), Zinc: 7.99mg (53.24%), Potassium: 1725.39mg (49.3%), Vitamin A: 1933.51IU (38.67%), Vitamin B5: 3.84mg (38.4%), Iron: 6mg (33.33%), Magnesium: 123.23mg (30.81%), Manganese: 0.45mg (22.3%), Copper: 0.41mg (20.54%), Vitamin E: 2.04mg (13.63%), Folate: 47.89µg (11.97%), Calcium: 115.45mg (11.55%), Fiber: 2.33g (9.32%), Vitamin K: 7.07µg (6.74%), Vitamin C: 4.15mg (5.02%)