



Pulled Pork Sandwiches with Mustard Sauce

 Dairy Free

READY IN



435 min.

SERVINGS



16

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 0.7 cup cider vinegar
- ☐ 0.7 cup dijon mustard
- ☐ 1 tablespoon mustard dry
- ☐ 1.5 ounce hamburger buns whole-wheat
- ☐ 1 teaspoon hot sauce

- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 7 cups hickory wood chips
- ☐ 5 pound boston butt pork roast boneless
- ☐ 1 tablespoon paprika smoked

Equipment

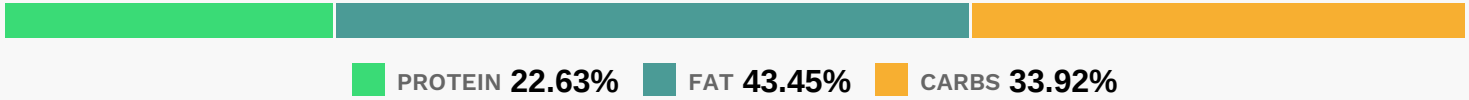
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Soak the wood chips in water at least 1 hour; drain.
- ☐ Combine sugar and the next 4 ingredients (through 1 1/2 teaspoons salt) in a bowl. Pat pork dry, and rub with sugar mixture.
- ☐ Remove grill rack, and set aside. Prepare the grill for indirect grilling, heating one side to high and leaving one side with no heat. Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heat element on heated side of grill; add 1 1/2 cups wood chips to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour 2 cups water in pan.
- ☐ Let chips stand for 15 minutes or until smoking; reduce heat to medium. Maintain temperature at 30

- ☐ Place grill rack on grill.
- ☐ Place pork on grill rack over unheated side. Close lid cook for 6 hours at 300 or until a meat thermometer registers 195, covering pork loosely with foil after 5 hours.
- ☐ Drain and add 1 cup additional wood chips every 45 minutes. Refill water pan and add charcoal to fire as needed.
- ☐ Remove pork from grill; let stand 20 minutes. Unwrap pork; trim and discard fat. Shred pork.
- ☐ Heat oil in a medium saucepan over medium heat; swirl to coat.
- ☐ Add onion; cook for 2 minutes, stirring frequently.
- ☐ Add 1/3 cup sugar and the next 5 ingredients (through 1/2 teaspoon salt); bring to a simmer. Cook 15 minutes or until thickened. Arrange about 3 ounces pork and 2 tablespoons sauce on each bun.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:20.47, Inflammation Score:-5, Nutrition Score:24.17391306421%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 538.43kcal (26.92%), Fat: 26.02g (40.02%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 40.12g (14.59%), Sugar: 11.92g (13.25%), Cholesterol: 85.05mg (28.35%), Sodium: 1029.43mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.97%), Selenium: 47.07µg (67.24%), Vitamin B1: 0.91mg (60.89%), Vitamin B6: 1mg (50.24%), Vitamin B3: 8.86mg (44.29%), Phosphorus: 390.93mg (39.09%), Vitamin B2: 0.6mg (35.34%), Zinc: 5.28mg (35.2%), Potassium: 1091.85mg (31.2%), Vitamin B5: 2.9mg (29.05%), Manganese: 0.52mg (26.17%), Fiber: 5.58g (22.32%), Iron: 3.92mg (21.76%), Vitamin B12: 1.3µg (21.59%), Magnesium: 77.25mg (19.31%), Copper: 0.24mg (12.01%), Vitamin C: 7.37mg (8.94%), Folate: 28.48µg (7.12%), Calcium: 65.43mg (6.54%), Vitamin D: 0.85µg (5.67%), Vitamin E: 0.79mg (5.27%), Vitamin A: 225.62IU (4.51%), Vitamin K: 2.36µg (2.25%)