



Pulled Pork Sliders with Mustard BBQ Sauce and Pickled Onions

 Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



2285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 10 pound boston butt pork shoulder bone-in
- ☐ 4 medium carrots grated
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup cider vinegar store brand
- ☐ 0.8 cup cider vinegar

- ☐ 20 corn tortillas
- ☐ 12 dinner rolls mini sliced in half
- ☐ 0.5 teaspoon garlic
- ☐ 1 tablespoon garlic chopped
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon ground pepper fresh black
- ☐ 1 teaspoon ground pepper fresh black
- ☐ 1 jalapeno cored julienned seeded
- ☐ 1 teaspoon kosher salt
- ☐ 1 medium onion chopped
- ☐ 1 cup orange marmalade
- ☐ 1 head cabbage shredded red
- ☐ 1 medium onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup sugar
- ☐ 0.3 cup mustard yellow
- ☐ 3 cups braised shredded such as slow cooked orange pork roast tacos

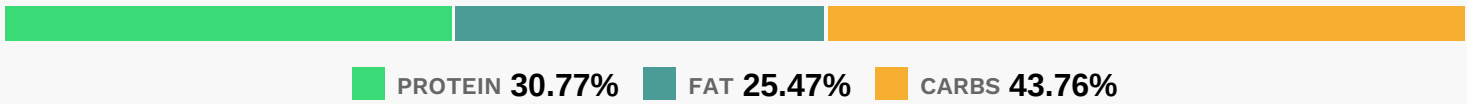
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ In a medium pot, combine all ingredients except onions with 3/4 cup water. Bring to a boil, add the onions, and remove from heat.
- ☐ Let sit until cooled, about 1 hour.
- ☐ Serve with sliders.
- ☐ In a small saucepan over medium heat, whisk all the ingredients together. Cook for 5 minutes and remove from heat.
- ☐ Place a heaping tablespoon of pulled pork on the bottom halves of the rolls.
- ☐ Drizzle with the barbecue sauce, top with some of the pickled red, and place the remaining roll halves on top.
- ☐ Place the onions in the bottom of a 5-quart slow cooker.
- ☐ Place the pork shoulder, fat and skin side up, in the slow cooker. In a medium bowl stir together soy sauce, garlic, salt pepper and orange marmalade.
- ☐ Pour mixture over the pork. Cover and cook on low for 8 hours.
- ☐ Remove shoulder to a serving platter and let rest for 5 minutes. Break up some of the meat with a fork and arrange on platter. Leave the rest of the meat on the bone to keep it warm and moist and let your guest pull it off the as they need it.
- ☐ Wrap the tortillas in damp towels, 10 to a towel and microwave on high for 30 seconds. Set out pork and tortillas with Cabbage Slaw and have guests assemble their own tacos.
- ☐ Combine shredded cabbage and grated carrots in a large bowl.
- ☐ Add vinegar, salt, and pepper and toss to combine. Cover with a damp towel and let sit in refrigerator for at least 1 hour or up to 8 hours. Use as topping for pulled pork tacos.

Nutrition Facts



Properties

Glycemic Index:175.11, Glycemic Load:80.26, Inflammation Score:-10, Nutrition Score:79.896956236466%

Flavonoids

Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin:

0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 2285.4kcal (114.27%), Fat: 64.35g (99%), Saturated Fat: 20.52g (128.28%), Carbohydrates: 248.71g (82.9%), Net Carbohydrates: 228.72g (83.17%), Sugar: 108.89g (120.99%), Cholesterol: 506.37mg (168.79%), Sodium: 5156.98mg (224.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 174.91g (349.83%), Vitamin B1: 7.77mg (518.26%), Selenium: 275.46µg (393.52%), Vitamin A: 12846.39IU (256.93%), Phosphorus: 2229.61mg (222.96%), Vitamin B6: 4.29mg (214.26%), Vitamin B3: 42.2mg (211.02%), Vitamin B2: 3.13mg (184.32%), Zinc: 27.5mg (183.31%), Vitamin C: 145.42mg (176.27%), Manganese: 2.54mg (127.08%), Potassium: 4102.27mg (117.21%), Vitamin B12: 6.61µg (110.11%), Iron: 18.65mg (103.61%), Vitamin K: 98.5µg (93.81%), Magnesium: 357.95mg (89.49%), Fiber: 19.99g (79.96%), Vitamin B5: 7.17mg (71.7%), Copper: 1.35mg (67.41%), Calcium: 612.82mg (61.28%), Folate: 237.99µg (59.5%), Vitamin E: 2.17mg (14.48%)