



Pulled Pork with Black Pepper Vinegar

 Dairy Free

READY IN

ready

330 min.

SERVINGS

servings

8

CALORIES

calories

614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chili powder
- ☐ 2 tablespoons canola oil
- ☐ 3 cups chicken stock see
- ☐ 1 tablespoon pasilla chili powder
- ☐ 1 tablespoon new mexican chili powder
- ☐ 2 chipotle chiles in adobo pureed
- ☐ 0.3 cup brown sugar dark
- ☐ 1 tablespoon dijon mustard

- ☐ 2 tablespoons dijon mustard
- ☐ 3 cloves garlic coarsely chopped
- ☐ 6 cloves garlic chopped
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 0.3 cup honey
- ☐ 2 teaspoons honey
- ☐ 2 jalapeño peppers chopped
- ☐ 0.3 cup catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 large onion spanish coarsely chopped
- ☐ 3 cups plum tomatoes pureed with juices, canned
- ☐ 1 pork butt trimmed
- ☐ 1 large onion red chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 cup rice vinegar
- ☐ 1 cup rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.5 cup smooth peanut butter
- ☐ 8 buns soft for serving
- ☐ 1 cup water
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat grill or oven to 350 degrees F.
- ☐ Place pork in a medium roasting pan. Stir together the stock, vinegar, BBQ sauce, jalapenos, onion, and garlic in a bowl.
- ☐ Pour the mixture over the pork and season with salt and pepper. Cover the pan with foil and cook in the oven or on the grill for 3 1/2 to 4 hours or until the meat is fork tender.
- ☐ Let cool in the braising liquid, then drain the liquid from the meat and shred the meat into bite-sized pieces.
- ☐ Serve on buns, drizzled with Black Pepper Vinaigrette.
- ☐ Heat the oil over medium heat in a heavy-bottomed medium saucepan.
- ☐ Add the onion and garlic and cook until translucent, 3 to 4 minutes.
- ☐ Add the chili powders and cook for 1 minute.
- ☐ Add the tomatoes and water, bring to a boil, and simmer for 10 minutes.
- ☐ Add the remaining ingredients, except the peanut butter, and simmer for an additional 20 to 30 minutes or until thickened slightly, stirring occasionally.
- ☐ Transfer the mixture to a food processor with the peanut butter and puree until smooth. Season with salt and pepper, to taste.
- ☐ Pour into a bowl and allow to cool at room temperature.
- ☐ Whisk together the vinegar, mustard, salt, pepper, and honey until combined. Slowly whisk in the oil until emulsified. Set aside until ready to use.

Nutrition Facts



 **PROTEIN 15.6%**  **FAT 33.98%**  **CARBS 50.42%**

Properties

Glycemic Index:80.94, Glycemic Load:34.11, Inflammation Score:-9, Nutrition Score:25.881304616513%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 614.31kcal (30.72%), Fat: 23.46g (36.09%), Saturated Fat: 4g (24.98%), Carbohydrates: 78.32g (26.11%), Net Carbohydrates: 72.43g (26.34%), Sugar: 38.59g (42.88%), Cholesterol: 36.45mg (12.15%), Sodium: 1045.34mg (45.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.47%), Iron: 13.99mg (77.73%), Vitamin A: 2378.14IU (47.56%), Vitamin B6: 0.82mg (40.99%), Manganese: 0.79mg (39.61%), Vitamin B3: 7.44mg (37.2%), Selenium: 24.12µg (34.46%), Vitamin E: 4.72mg (31.46%), Vitamin B1: 0.45mg (30.22%), Potassium: 995.42mg (28.44%), Vitamin B2: 0.47mg (27.61%), Phosphorus: 260.79mg (26.08%), Vitamin C: 21.06mg (25.53%), Magnesium: 96.52mg (24.13%), Fiber: 5.89g (23.54%), Zinc: 2.96mg (19.74%), Copper: 0.38mg (18.89%), Vitamin K: 16.9µg (16.09%), Vitamin B5: 1.38mg (13.84%), Folate: 44.64µg (11.16%), Calcium: 102.09mg (10.21%), Vitamin B12: 0.51µg (8.53%), Vitamin D: 0.34µg (2.25%)