



Pulled Pork with Mango BBQ Sauce

 Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 boston butt pork shoulder boneless fat removed Boston butt
- ☐ 6 servings bread and butter pickles
- ☐ 6 servings brioche rolls split
- ☐ 0.5 teaspoon cumin seeds
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 tablespoons ginger fresh minced peeled

- ☐ 2 teaspoons kosher salt
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 cups pear puree
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 onion finely minced
- ☐ 1 tablespoon paprika
- ☐ 1 serrano chiles thinly sliced seeds discarded if you don't like it spicy
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup worcestershire sauce

Equipment

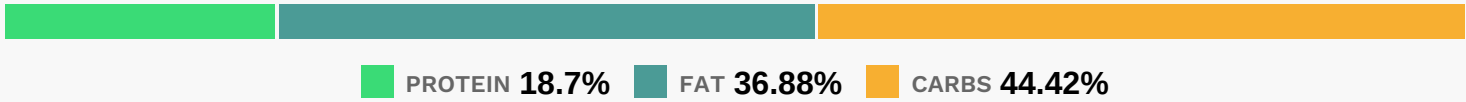
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the brown sugar, paprika and salt in a
- ☐ small bowl and massage it into the pork shoulder until well coated. Set aside
- ☐ while you make the BBQ sauce. You could do this a day ahead and keep
- ☐ refrigerated until ready to use.
- ☐ For the BBQ sauce: In a large saucepan, warm the oil over
- ☐ low heat until hot and shimmering.
- ☐ Add the cumin and fennel seeds; they should
- ☐ splutter upon contact, be careful! Once the spluttering subsides, add the
- ☐ ginger, onions, serrano and a little salt to taste.
- ☐ Saute until they soften,
- ☐ but don't let them get any color.

- ☐ Add the mango puree, lime juice, vinegar,
- ☐ Worcestershire sauce and molasses. Simmer about 5 minutes. Taste and season.
- ☐ Add the pork shoulder to the saucepan, coating it with the
- ☐ sauce. Cover, and gently simmer until the pork falls apart easily, stirring and
- ☐ turning often, about 3 hours.
- ☐ Remove the pork from the saucepan and shred it using 2
- ☐ forks. Return it to the sauce and stir to coat with the sauce. Put a generous
- ☐ spoonful of the pork inside a brioche bun, top with a few slices of pickle and
- ☐ serve. Prepare to have your loved one swoon over you!

Nutrition Facts



Properties

Glycemic Index:48.07, Glycemic Load:15.75, Inflammation Score:-9, Nutrition Score:22.665652233621%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 513.93kcal (25.7%), Fat: 21.4g (32.93%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 54.52g (19.82%), Sugar: 24.62g (27.35%), Cholesterol: 102.85mg (34.28%), Sodium: 1456.71mg (63.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin C: 40.52mg (49.11%), Vitamin B3: 9.38mg (46.9%), Vitamin B1: 0.63mg (42.14%), Selenium: 28.59µg (40.84%), Vitamin B6: 0.76mg (38.06%), Vitamin A: 1826.6IU (36.53%), Manganese: 0.61mg (30.57%), Vitamin B2: 0.48mg (28.02%), Phosphorus: 236.83mg (23.68%), Vitamin K: 23.18µg (22.08%), Potassium: 751.8mg (21.48%), Iron: 3.59mg (19.94%), Folate:

67.9µg (16.97%), Magnesium: 65.29mg (16.32%), Copper: 0.28mg (14.05%), Fiber: 3.47g (13.89%), Vitamin E: 2.03mg (13.57%), Zinc: 1.94mg (12.92%), Vitamin B5: 1.24mg (12.44%), Calcium: 114.08mg (11.41%), Vitamin B12: 0.62µg (10.39%)