



Root Beer Pulled Pork Sandwich

 Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.3 cup dijon mustard
- ☐ 8 servings spicy bread and butter pickle chips for serving
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon ground pepper fresh
- ☐ 8 hamburger buns
- ☐ 1 cup catsup

- ☐ 1 tablespoon liquid smoke
- ☐ 4 ounces liquid smoke
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 pounds pork tenderloin cut in half
- ☐ 12 ounces root beer canned
- ☐ 1 tablespoon seasoning salt
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the pork tenderloin or roast in the bottom of a slow cooker and sprinkle with the seasoning salt.
- ☐ Pour the root beer and liquid smoke over the top.
- ☐ Place the lid on the slow cooker and cook on low for 8 hours. Once the pork is done, remove from the pan and shred with a fork.
- ☐ Place into a bowl and add in the Sassy Sauce, as well as 1/2 cup of the juice from the slow cooker.
- ☐ Serve on a bun with bread and butter pickles.
- ☐ Ingredients and Directions
- ☐ To make the sauce, add the ketchup, brown sugar and mustard and to a medium saucepan. Stir in the remaining ingredients and simmer over medium-low heat for about 15 minutes.
- ☐ Remove and serve with pulled pork sandwiches. Makes 1 1/2 cups.

Nutrition Facts



 PROTEIN **26.48%**  FAT **12.75%**  CARBS **60.77%**

Properties

Glycemic Index:25.25, Glycemic Load:19.84, Inflammation Score:-6, Nutrition Score:24.389565312344%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 427.23kcal (21.36%), Fat: 6.07g (9.34%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 63.72g (23.17%), Sugar: 43.82g (48.69%), Cholesterol: 73.71mg (24.57%), Sodium: 1867.68mg (81.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.72%), Vitamin B1: 1.38mg (92.23%), Selenium: 52.9µg (75.57%), Vitamin B6: 1.1mg (55%), Vitamin B3: 10.03mg (50.13%), Phosphorus: 347.35mg (34.73%), Vitamin B2: 0.58mg (34.07%), Manganese: 0.68mg (33.91%), Potassium: 972.49mg (27.79%), Magnesium: 102.6mg (25.65%), Iron: 4.2mg (23.32%), Zinc: 2.66mg (17.72%), Copper: 0.31mg (15.29%), Calcium: 148.18mg (14.82%), Vitamin B5: 1.18mg (11.83%), Folate: 45.32µg (11.33%), Vitamin B12: 0.68µg (11.26%), Vitamin E: 0.86mg (5.74%), Fiber: 1.38g (5.51%), Vitamin K: 5.7µg (5.43%), Vitamin A: 204.79IU (4.1%), Vitamin C: 2.69mg (3.26%), Vitamin D: 0.34µg (2.27%)