

food
network



HEALTH SCORE

53%

Round 2 -Pulled Pork Sliders with Mustard BBQ Sauce and Pickled Onions

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



1736 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup barbecue sauce
- ☐ 10 pound boston butt pork shoulder bone-in
- ☐ 0.3 cup cider vinegar
- ☐ 0.8 cup cider vinegar
- ☐ 20 corn tortillas
- ☐ 4 servings dinner rolls
- ☐ 0.5 garlic chopped

- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pinch salt and ground pepper fresh
- ☐ 1 teaspoon ground pepper fresh black
- ☐ 1 teaspoon kosher salt
- ☐ 1 medium onion chopped
- ☐ 1 cup orange marmalade
- ☐ 1 medium onion red thinly sliced
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup sugar
- ☐ 0.8 cup water
- ☐ 0.3 cup mustard yellow

Equipment

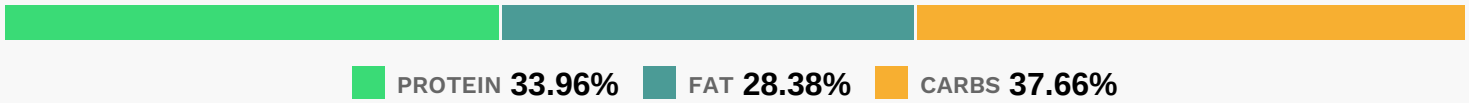
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ slow cooker

Directions

- ☐ In a medium pot over medium heat, combine all pickled red onion ingredients, except onions. Bring to a boil, add the onions and remove from heat.
- ☐ Let sit until cooled about 1 hour.
- ☐ Serve with sliders.
- ☐ In a small pot over medium low heat, whisk all the BBQ sauce ingredients together. Cook for 3 minutes or until hot and then remove from heat.

- ☐ Place a heaping tablespoon of pulled pork of the bottom of a roll.
- ☐ Drizzle with the barbeque sauce, top with some of the pickled red onions and then place the remaining roll halves on top. Repeat with remaining ingredients and serve.
- ☐ head red cabbage, shredded
- ☐ medium carrots, coarsely grated
- ☐ /4 cup cider vinegar
- ☐ teaspoon salt
- ☐ 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:113.9, Glycemic Load:35.84, Inflammation Score:-8, Nutrition Score:57.026521662007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 1735.63kcal (86.78%), Fat: 54.28g (83.51%), Saturated Fat: 17.8g (111.25%), Carbohydrates: 162.05g (54.02%), Net Carbohydrates: 150.66g (54.79%), Sugar: 88.37g (98.19%), Cholesterol: 463.46mg (154.49%), Sodium: 3806.85mg (165.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 146.12g (292.25%), Vitamin B1: 6.33mg (422.1%), Selenium: 220.16µg (314.52%), Phosphorus: 1881.15mg (188.11%), Vitamin B6: 3.38mg (168.81%), Vitamin B3: 32.58mg (162.88%), Zinc: 23.91mg (159.41%), Vitamin B2: 2.37mg (139.21%), Vitamin B12: 5.81µg (96.84%), Potassium: 2991.69mg (85.48%), Magnesium: 272.54mg (68.14%), Iron: 11.52mg (63.98%), Vitamin B5: 6.15mg (61.45%), Manganese: 1.13mg (56.32%), Copper: 1.08mg (53.92%), Fiber: 11.39g (45.56%), Calcium: 300.12mg (30.01%), Vitamin C: 15.3mg (18.55%), Folate: 63.73µg (15.93%), Vitamin E: 1.06mg (7.1%), Vitamin A: 270.51IU (5.41%), Vitamin K: 3.07µg (2.92%)