



## Slow Cooker Carolina BBQ

 Gluten Free  Dairy Free

READY IN



735 min.

SERVINGS



10

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups apple cider vinegar
- 2 tablespoons brown sugar
- 2 teaspoons ground pepper
- 10 servings pepper black
- 1.5 tablespoons hot sauce hot
- 5 pound boston butt pork shoulder bone-in
- 2 teaspoons pepper red crushed
- 1 tablespoon salt

## Equipment

- slow cooker
- tongs

## Directions

- Place the pork shoulder into a slow cooker and season with salt and pepper.
- Pour the vinegar around the pork. Cover, and cook on Low for 12 hours. Pork should easily pull apart into strands.
- Remove the pork from the slow cooker and discard any bones. Strain out the liquid, and save 2 cups. Discard any extra. Shred the pork using tongs or two forks, and return to the slow cooker. Stir the brown sugar, hot pepper sauce, cayenne pepper, and red pepper flakes into the reserved sauce.
- Mix into the pork in the slow cooker. Cover and keep on Low setting until serving.

## Nutrition Facts

**PROTEIN 51.35%** **FAT 42.58%** **CARBS 6.07%**

## Properties

Glycemic Index:10.4, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:16.546087008456%

## Nutrients (% of daily need)

Calories: 224.27kcal (11.21%), Fat: 10.01g (15.41%), Saturated Fat: 3.44g (21.52%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.57g (2.85%), Cholesterol: 92.69mg (30.9%), Sodium: 863.49mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.34%), Vitamin B1: 1.23mg (81.74%), Selenium: 41µg (58.57%), Vitamin B3: 6mg (30.02%), Vitamin B6: 0.6mg (29.83%), Zinc: 4.39mg (29.28%), Phosphorus: 285.17mg (28.52%), Vitamin B2: 0.44mg (26.1%), Vitamin B12: 1.16µg (19.37%), Potassium: 521.26mg (14.89%), Vitamin B5: 1.15mg (11.47%), Iron: 1.9mg (10.57%), Magnesium: 32.55mg (8.14%), Copper: 0.15mg (7.3%), Manganese: 0.14mg (6.89%), Vitamin A: 297.05IU (5.94%), Vitamin C: 2.87mg (3.48%), Calcium: 26.81mg (2.68%), Folate: 7.61µg (1.9%), Vitamin E: 0.28mg (1.84%), Fiber: 0.28g (1.12%)