



Slow Roasted Pulled Pork



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 4 jalapeño peppers cut in half lengthwise
- ☐ 1 tablespoon olive oil
- ☐ 5 pound pork butt trimmed
- ☐ 6 rosemary sprigs fresh
- ☐ 3 tablespoons q shack rub dry
- ☐ 0.5 cup water

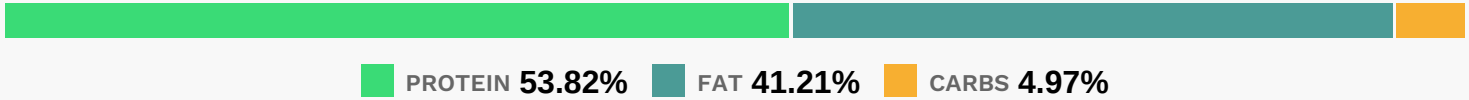
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Rub pork with Q Shack Dry Rub.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Sear pork about 2 minutes on each side or until well browned.
- ☐ Remove from heat.
- ☐ Place pork skin side up, and add apple cider and next 3 ingredients.
- ☐ Cover and bake at 325 for 3 hours 30 minutes.
- ☐ Remove lid; continue to bake 30 minutes.
- ☐ Remove from oven, and let stand 10 minutes. Pull pork with fingers or a meat fork into large pieces.
- ☐ Serve warm with barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:27.289565218532%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 328.7kcal (16.43%), Fat: 14.53g (22.35%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.52g (1.28%), Sugar: 2.54g (2.82%), Cholesterol: 136.08mg (45.36%), Sodium: 149.63mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.38%), Selenium: 64.09µg (91.56%), Vitamin B1: 1.28mg (85.07%), Vitamin B6: 1.23mg (61.36%), Vitamin B2: 0.88mg (51.88%), Zinc: 7.68mg (51.18%), Vitamin B3: 10.08mg (50.4%), Phosphorus: 463.68mg (46.37%), Vitamin B5: 3.59mg (35.88%), Vitamin B12: 2.06µg (34.4%),

Potassium: 818.79mg (23.39%), Iron: 3.24mg (17.97%), Magnesium: 55.27mg (13.82%), Copper: 0.25mg (12.53%),
Vitamin K: 11.54µg (10.99%), Vitamin D: 1.36µg (9.07%), Vitamin C: 7.13mg (8.64%), Manganese: 0.14mg (7.02%),
Vitamin E: 0.96mg (6.43%), Calcium: 48.53mg (4.85%), Vitamin A: 109.73IU (2.19%), Fiber: 0.42g (1.7%)