



Slow-Roasted Pulled Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.8 cup apple cider vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 pound boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons brown sugar dark
- ☐ 3 tablespoons brown sugar dark

- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup catsup
- ☐ 0.5 cup catsup
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon paprika smoked
- ☐ 2 teaspoons paprika smoked
- ☐ 2 cups water divided

Equipment

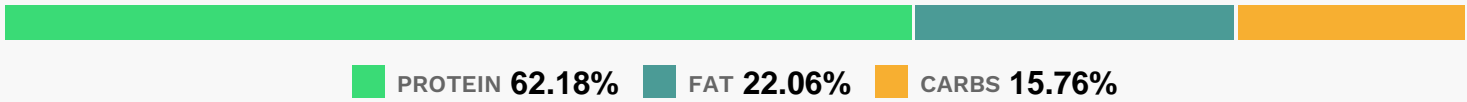
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ To prepare pork, combine first 8 ingredients in a small bowl. Rub sugar mixture evenly over pork.
- ☐ Let pork stand at room temperature 1 hour.
- ☐ Preheat oven to 22
- ☐ Place pork on the rack of a roasting pan coated with cooking spray.
- ☐ Pour 1 cup water in bottom of roasting pan.
- ☐ Place rack in pan.
- ☐ Bake at 225 for 1 hour.

- ☐ Combine 1/2 cup vinegar and ketchup in a medium bowl; brush pork with ketchup mixture (do not remove from oven).
- ☐ Bake an additional 3 hours, basting every hour with ketchup mixture.
- ☐ Pour remaining 1 cup water in bottom of roasting pan. Cover pork and pan tightly with foil.
- ☐ Bake an additional 3 3/4 hours or until a thermometer registers 19
- ☐ Remove from oven; let stand, covered, 45 minutes.
- ☐ To prepare sauce, combine 3/4 cup vinegar and remaining ingredients in a small saucepan. Bring to a boil over medium-high heat, stirring occasionally with a whisk. Boil 5 minutes or until slightly thick. Shred pork with 2 forks.
- ☐ Serve with sauce.
- ☐ Serve shredded pork on hamburger buns with pickle chips, if desired.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:19.302608486103%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 216.26kcal (10.81%), Fat: 5.1g (7.85%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.51g (7.23%), Cholesterol: 85.05mg (28.35%), Sodium: 350.92mg (15.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.7%), Vitamin B3: 13.96mg (69.79%), Vitamin B1: 0.92mg (61.46%), Vitamin B6: 1.08mg (53.78%), Selenium: 37.06µg (52.94%), Vitamin B2: 0.7mg (40.94%), Phosphorus: 335.68mg (33.57%), Vitamin B12: 1.23µg (20.55%), Zinc: 2.87mg (19.16%), Potassium: 625.25mg (17.86%), Vitamin B5: 1.43mg (14.28%), Vitamin A: 610.47IU (12.21%), Magnesium: 43.66mg (10.91%), Iron: 1.82mg (10.1%), Copper: 0.14mg (7.12%), Manganese: 0.13mg (6.5%), Vitamin E: 0.77mg (5.14%), Calcium: 24.08mg (2.41%), Fiber: 0.58g (2.33%), Vitamin K: 1.88µg (1.79%)