



Southern Pulled-Pork Sandwiches

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 0.5 teaspoon ground pepper
- 1 serving coarse mustard
- 3 pounds pork shoulder boneless cut into 4 equal pieces (Boston butt)
- 1.5 cups apple cider vinegar
- 4 garlic clove minced
- 8 sandwich rolls split soft

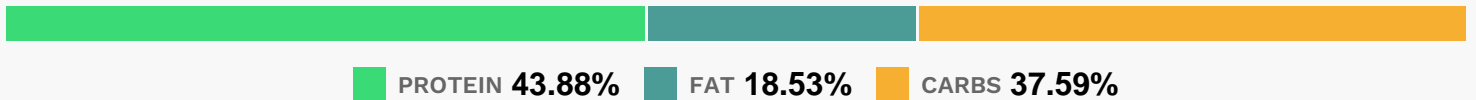
Equipment

- bowl
- frying pan
- oven
- pot
- dutch oven

Directions

- Preheat oven to 350 degrees, with racks in lower and upper positions. In a small bowl, combine sugar, cayenne, 1 tablespoon salt, and 1 teaspoon pepper.
- Place pork in a 5-quart Dutch oven or large heavy-bottomed pot; rub with spice mixture.
- In a medium bowl, combine vinegar, garlic, and 1/2 cup water; pour over pork. Cover pot, and place in oven on lower rack.
- Bake until pork is very tender and separates easily when pulled with a fork, 2 to 2 1/2 hours.
- Transfer pork to a work surface, reserving pan juices. With two forks, shred meat.
- Transfer to a large bowl, and toss with pan juices to moisten (you may not need all the juices). Pile pork on rolls, and top with barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:27.840000023013%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 421.58kcal (21.08%), Fat: 8.28g (12.75%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 36.4g (13.24%), Sugar: 7.89g (8.77%), Cholesterol: 102.06mg (34.02%), Sodium: 413.27mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.13g (88.26%), Selenium: 66.74µg (95.34%), Vitamin B3: 18.78mg (93.91%), Vitamin B1: 1.37mg (91.61%), Vitamin B6: 1.27mg (63.65%), Vitamin B2: 0.99mg (57.98%), Phosphorus: 453.72mg (45.37%), Zinc: 3.9mg (25.98%), Vitamin B12: 1.48µg (24.66%), Manganese: 0.43mg (21.61%), Potassium: 755.85mg (21.6%), Iron: 3.57mg (19.82%), Vitamin B5: 1.92mg (19.24%), Magnesium: 63.34mg (15.83%),

Folate: 54.44µg (13.61%), Copper: 0.23mg (11.72%), Calcium: 78.19mg (7.82%), Fiber: 1.4g (5.61%), Vitamin E: 0.42mg (2.77%), Vitamin A: 52.59IU (1.05%)