



Southern Yank Pulled Pork BBQ

 **Gluten Free**  **Dairy Free**

READY IN



435 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bottled barbecue sauce
- 1 cup celery chopped
- 1.5 teaspoons chili powder
- 3 cloves garlic chopped
- 6 servings salt and ground pepper black to taste
- 0.3 cup honey
- 0.8 cup catsup
- 0.3 cup brown sugar light

- 1.5 cups onion chopped
- 1 tablespoon pepper sauce hot to taste tabasco® (such as)
- 3 pound pork shoulder roast
- 1 cup water
- 0.3 cup worcestershire sauce

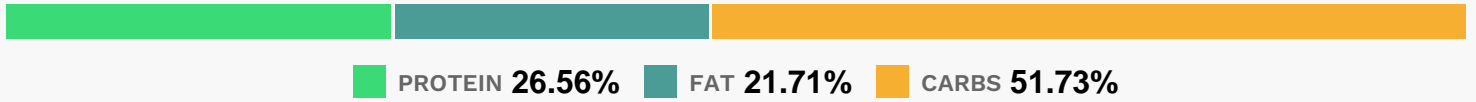
Equipment

- slow cooker

Directions

- Mix together the barbecue sauce, ketchup, onion, celery, water, garlic, honey, brown sugar, Worcestershire sauce, chili powder, hot pepper sauce, salt, and black pepper in a slow cooker until thoroughly combined.
- Place the pork roast into the mixture, spoon sauce over the meat, and set the cooker to Low. Cook 7 to 8 hours; to serve, shred the meat with 2 forks, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:7.12, Inflammation Score:-6, Nutrition Score:21.132173911385%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 426.13kcal (21.31%), Fat: 10.37g (15.95%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 55.58g (18.53%), Net Carbohydrates: 53.85g (19.58%), Sugar: 45.85g (50.94%), Cholesterol: 92.69mg (30.9%), Sodium: 1103.08mg (47.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.09%), Vitamin B1: 1.27mg (84.82%), Selenium: 42.51µg (60.73%), Vitamin B6: 0.76mg (37.88%), Vitamin B3: 6.91mg (34.55%), Vitamin B2: 0.56mg

(32.93%), Phosphorus: 324.43mg (32.44%), Zinc: 4.67mg (31.12%), Potassium: 900.23mg (25.72%), Vitamin B12: 1.16µg (19.37%), Iron: 3.08mg (17.11%), Vitamin B5: 1.36mg (13.59%), Copper: 0.27mg (13.28%), Magnesium: 49.39mg (12.35%), Manganese: 0.24mg (11.99%), Vitamin C: 9.76mg (11.83%), Vitamin A: 506.85IU (10.14%), Calcium: 82.41mg (8.24%), Vitamin K: 7.73µg (7.37%), Vitamin E: 1.08mg (7.18%), Fiber: 1.73g (6.94%), Folate: 25.85µg (6.46%)