



Spicy Pop Pulled Pork

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

READY IN



370 min.

SERVINGS



18

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons brown sugar packed
- 11 ounce chipotle peppers in adobo sauce canned
- 2 onions peeled quartered
- 2 cans pop (I use Dr Pepper)
- 1 pork butt whole (pork shoulder roast)
- 18 servings salt and pepper black freshly ground

Equipment

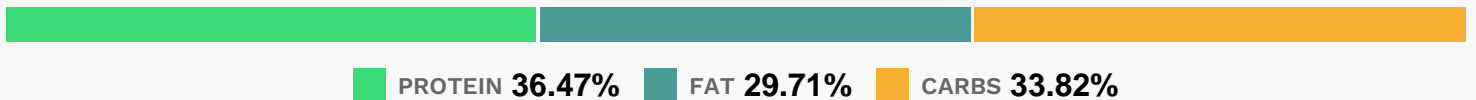
- oven

pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 300 degrees F. Start by placing the onion quarters in the bottom of a pot.
- Sprinkle the pork with salt and pepper, and then place on top of the onions.
- Pour the chipotle peppers over the top, and then crack open the cans of pop and pour them over the whole thing.
- Add the brown sugar to the liquid and stir.
- Cover the pot, put in the oven and cook for at least 6 hours, flipping the roast 2 or 3 times during the cooking process. When it's done, the pork will be dark and weird and wonderful. It'll also be fork-tender. That's when you know it's done.
- Remove the meat from the pot and shred completely. Then return the meat to the pot and keep in the juice until you need it. Divine!

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:7.6360869908138%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 135.11kcal (6.76%), Fat: 4.4g (6.78%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 9.32g (3.39%), Sugar: 8.69g (9.66%), Cholesterol: 41.19mg (13.73%), Sodium: 55.23mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Vitamin B1: 0.55mg (36.61%), Selenium: 18.23µg (26.05%), Vitamin B6: 0.27mg (13.56%), Vitamin B3: 2.65mg (13.23%), Zinc: 1.95mg (13.02%), Phosphorus: 127.99mg (12.8%), Vitamin B2: 0.2mg (11.56%), Vitamin B12: 0.52µg (8.61%), Fiber: 1.97g (7.86%), Iron: 1.22mg (6.78%), Potassium: 232.35mg (6.64%), Vitamin B5: 0.53mg (5.25%), Magnesium: 14.54mg (3.64%), Copper: 0.07mg (3.35%), Manganese: 0.04mg (1.88%), Vitamin C: 1.4mg (1.69%), Calcium: 14.07mg (1.41%), Folate: 5.44µg (1.36%)