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Pulled Pork Sandwich ♦♦

A delicious pulled pork sandwich that is perfect for lunch or dinner. The tender pulled pork is slow-cooked to perfection and then served on a soft bun with your favorite barbecue sauce.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 255 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Pork Shoulder
2 c	barbecue sauce
4 pieces	buns
2 tsp	Salt
1 tsp	Black pepper

1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Paprika
0.5 c	Brown Sugar
0.25 c	Apple Cider Vinegar

Directions

Step 1

Oven

Preheat the oven to 250°F (120°C).

Prep Time: 10 mins

Cook Time: 127 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, garlic powder, onion powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the spice mixture all over the pork shoulder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Place the pork shoulder in a roasting pan and pour the apple cider vinegar over it.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Roasting

Cover the roasting pan with aluminum foil and roast in the oven for 6 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Roasting

Remove the foil and continue roasting for another 1 hour, or until the pork is tender and easily shreds with a fork.

Prep Time: 0 mins

Cook Time: 60 mins

Step 7

Resting

Remove the pork from the oven and let it rest for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 8

Cutting

Using two forks, shred the pork into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Toasting

Toast the buns and spread barbecue sauce on the bottom half of each bun.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Plating

Top the barbecue sauce with a generous amount of pulled pork and cover with the top half of the bun.

Prep Time: 5 mins

Cook Time: 0 mins

Step 11

Serving

Serve the pulled pork sandwiches hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Course

Salads

Snacks

Sauces & Dressings

Demographics

Pregnancy Safe

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegan Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Swiss Secret Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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