NORTH CAROLINA BARBECUED PULLED PORK

Yield: 4 Portions

Ingredients		Amounts	
Brown sugar	2	Tbsp.	
Paprika	1	Tbsp.	
Chili powder	1	Tbsp.	
Dry mustard	1	Tbsp.	
Red pepper flakes	1	tsp.	
Cider vinegar	1/2	cup	
White vinegar	1/4	cup	
Ketchup	1 ½	cups	
Worcestershire sauce	2	Tbsp.	
Tabasco sauce	1	Tbsp.	
Sugar	1	Tbsp.	
Salt	1	tsp.	
Black Pepper	1	tsp.	
Pork butt	1 ½	lb.	

Method

- 1. Combine all ingredients, except for the pork, in a 1 qt. microwave container and microwave covered for 1 minute.
- 2. Place pork butt into a large round microwave dish. Pour barbecue sauce over pork and cover.
- 3. Microwave at P4 for 90 minutes until meat starts to come apart very easily when separating with a fork. (Baste the pork every 20 minutes and check on consistency of barbecue sauce. If barbecue sauce becomes thick, dilute with 1-2 tablespoons of water).

Nutri Serving Size Servings Per	1 servin	g	
Amount Per Sei	rving		
Calories 490) Calo	ries fror	m Fat 220
		%	Daily Value
Total Fat 24	g		37%
Saturated	Fat 8g		40%
Trans Fat	0g		
Cholesterol	125mg		42%
Sodium 177	'0mg		74%
Total Carbo	hydrate	33g	11%
Dietary Fil	ber 1g		4%
Sugars 28	Bg		
Protein 35g			
Vitamin A 40	١% •	Vitamir	n C 25%
Calcium 8%	•	Iron 20	%
*Percent Daily Valiet. Your daily value depending on your daily value.	alues may l	oe higher o	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than		80g 25g 300 mg

