

# Easy BBQ Pork Sandwich

## w/ Southern Cole Slaw

*Compliments of Chef Richard's Kitchen*

8 Servings

3 lb pork loin  
2 qt water  
¼ C salt  
¼ C sugar  
1 tsp liquid smoke  
1 C mayonaise (I used light Mayo)  
2 Tbsp dijon mustard  
2 Tbsp apple cider vinegar  
3 Tbsp sugar  
¾ tsp salt  
1 tsp onion powder  
2 tsp celery seeds  
16 oz shredded cabbage or cole slaw mix.  
12 oz commercial BBQ sauce. (add chipotle if desired and blend)

Place water, sugar, salt and liquid smoke in 2-gallon sealable plastic bag and shake to mix. Place pork in bag. Remove as much air as possible and seal bag. Place in refrigerator and marinate 1 – 2 hours.

While pork marinates, add mayonaise, mustard, vinegar, salt, sugar, onion powder and celery seeds to bowl. Whisk to blend. Pour over cabbage and turn until all pieces are coated. Cover and place in refrigerator.

Preheat oven to 375° F. Spray Dutch oven with vegetable spray.

Remove pork from marinade and place on wire rack. Discard marinade. Dry off pork with towel or paper towels. Season pork with kosher salt and pepper on both sides. Place pork in Dutch oven, fat side up. Place in oven uncovered until pork reaches an internal temp of between 130° - 140°. Remove from oven and coat top of roast with BBQ sauce. Reduce oven temperature to 325°. Place pork back in oven and bake about 30 minutes until internal temp is between 160° - 175°. Remove from oven. Coat all sides with BBQ sauce. Cover and return to oven. Cook about 60 – 90 minutes



until internal temp is over 195°. This is where the collagens melt. Remove from the oven and place on rack. Allow to rest about 20 minutes. Using large chef's knife, chop pork into about ¼" pieces. Pour juices from Dutch oven over pork. Stir to blend. Use additional BBQ sauce to wet pork to your desired consistency.

Place pork on lower half of a bun. Place coleslaw on top of pork. Place top half of bun on top and pierce with a round skewer. Place additional cole slaw on side.

Nutrition Source: <https://www.nutritionvalue.org>

Nutrition Facts	
Portion Size	266 g
Amount Per Portion	
<b>Calories</b>	<b>462</b>
% Daily Value *	
<b>Total Fat</b> 11g	<b>14 %</b>
Saturated Fat 3.7g	<b>18 %</b>
<b>Cholesterol</b> 100mg	<b>33 %</b>
<b>Sodium</b> 1249mg	<b>54 %</b>
<b>Total Carbohydrate</b> 46g	<b>17 %</b>
Dietary Fiber 1.2g	<b>4 %</b>
Sugar 21g	
<b>Protein</b> 41g	<b>82 %</b>
Vitamin D 0.9mcg **	4 %
Calcium 162mg	12 %
Iron 3.2mg	18 %
Potassium 723mg **	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Nutrition Facts	
Portion Size	66 g
Amount Per Portion	
<b>Calories</b>	<b>99</b>
% Daily Value *	
<b>Total Fat</b> 7.8g	<b>10 %</b>
Saturated Fat 1g **	<b>5 %</b>
<b>Cholesterol</b> 6.4mg **	<b>2 %</b>
<b>Sodium</b> 298mg	<b>13 %</b>
<b>Total Carbohydrate</b> 6.1g	<b>2 %</b>
Dietary Fiber 1g **	<b>4 %</b>
Sugar 4.9g **	
<b>Protein</b> 0.6g	<b>1 %</b>
Vitamin D 0mcg **	0 %
Calcium 25mg **	2 %
Iron 0.3mg **	2 %
Potassium 103mg **	2 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	