

# Pressure Cooker Chinese Pulled Pork

Yield: 7 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pulled-pork-recipe>

## Ingredients:

- 2 1/2 teaspoons Chinese five-spice powder
- 3 1/2 pounds pork shoulder cut into large chunks, 3- to 4-inch pieces
- 1/3 cup water
- 1/4 cup hoisin sauce
- 3 tablespoons soy sauce
- 3 tablespoons honey
- 2 tablespoons dry sherry
- 1 tablespoon cooking oil I like avocado oil
- 5 cloves garlic minced
- 2 inches ginger piece, minced
- 2 scallions sliced thinly
- hamburger buns

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 150 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 5 grams
8. Sodium: 730 milligrams
9. Sugar: 10 grams

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