

East Carolina Pulled Pork BBQ

Yield: 10 min
Total Time: 675 min

Recipe from: <https://www.recipeschoose.com/recipes/east-carolina-pulled-pork-crock-pot-recipe>

Ingredients:

- 6 pounds pork roast shoulder, trim fat layer if desired
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon cayenne pepper
- 1 1/2 tablespoons hot sauce Texas Pete's
- 3 tablespoons liquid smoke
- 1 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 teaspoons red pepper flakes

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 170 milligrams
4. Fat: 11 grams
5. Protein: 60 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 430 milligrams
8. Sugar: 4 grams

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