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Low FODMAP BBQ Pulled Pork Sliders

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This recipe for Low FODMAP BBQ Pulled Pork Sliders is the perfect party food – for FODMAPers and non-FODMAPers alike. It begins with a flavorful dry rub on a boneless pork shoulder. We like to marinate overnight, but plan on at least 4 hours. Then there is a low and slow, hands-off roasting time in the oven, which gives you plenty of time to make some slaw for the finished sliders. Once the pork is cooked, it is tender enough to shred and it can be tossed with the barbecue sauce

of your choice. I highly recommend our **Low FODMAP Sweet and Sticky BBQ Sauce**, our **Low FODMAP Hot and Tangy BBQ Sauce** (which is what was used in the slider images here), or our **Low FODMAP Blackberry Maple BBQ Sauce**.

Low FODMAP Serving Size Info: Makes about 12 servings

Course: Dinner & Lunch

Cuisine: American

Prep Time: 20 minutes

Cook Time: 4 hours

Marinating Time: 4 hours

Total Time: 8 hours 20 minutes

Makes: 12 Servings

Calories: 282 kcal

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Ingredients:

Pork:

- ¼ cup (54 g) firmly packed light brown sugar
- 2 ½ teaspoons kosher salt
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons dry mustard powder
- 1 teaspoon low FODMAP chile powder
- 1 teaspoon freshly ground black pepper
- 3 ½ to 4- pound (1.6 kg to 1.8 kg) boneless pork shoulder, untried
- Butcher's twine

Slaw:

- 8- ounces (225 g) green cabbage, shredded
- 1 small carrot, ends trimmed, shredded
- ¼ cup (16 g) finely chopped scallions, green parts only
- 1/3 cup (75 g) mayonnaise, or to taste
- 1 tablespoon apple cider vinegar
- Kosher salt
- Freshly ground black pepper
- 1 teaspoon caraway seeds; optional

Assembly & Buns:

- Low FODMAP Sweet and Sticky BBQ Sauce
- or
- Low FODMAP Hot and Tangy BBQ Sauce
- or
- Low FODMAP Blackberry Maple BBQ Sauce
- 12 small Low FODMAP buns, for serving

Preparation:

1. **For the Pork:** In a bowl large enough to hold the pork, stir together the brown sugar, salt, coriander, cumin, dry mustard, chile and black pepper. Place pork in the bowl and use your hands to press the dry rub all over the pork and in any folds. Tie (or re-tie) the pork into a neat cylindrical shape. Cover with plastic wrap and refrigerate for at least 4 hours or preferably overnight. Bring to room temperature before roasting.
2. Position rack in middle of oven. Heat oven to 300°F (150°C). Place pork in a roasting pan and roast for 3 to 4 hours or until meat is pull-apart tender; internal temperature should be 200°F (95°C). Rest the pork for at least 30-minutes before pulling it apart; use your hands or two forks, as shown.
3. **For the Slaw:** Toss together the cabbage, carrot and scallion greens, then add the mayonnaise and vinegar and stir until everything is well mixed (add more mayonnaise if you like your slaw a little moister). Taste and season with salt and pepper. Add caraway seeds, if desired.
4. Choose which barbecue sauce you want to use. You will want about 2 cups (480 ml) on hand. Heat it gently on the stovetop till warm; just make sure it isn't cold.
5. Toast your buns, if you like. Add just enough BBQ sauce to the warm shredded pork to coat lightly; pay attention to recommended serving sizes of the BBQ sauce that you have chosen. Add a pile of warm shredded pork to the bottom buns, top with slaw, add the top buns and serve. Offer extra sauce, if you like. Always eat to your tolerance!

Notes:

Tips

- **BBQ Pulled Chicken Sliders:** This recipe is also delicious using shredded chicken. If you can find a very plain rotisserie chicken, then the finished sliders will even be easier! Do take the time to make one of our low FODMAP BBQ sauces. Just shred chicken and add enough BBQ sauce to coat lightly and proceed as directeds

FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Cabbage:** Both Monash University and FODMAP Friendly have lab tested various cabbages and reported their low FODMAP serving sizes. According to Monash Green Cabbage is low FODMAP in amounts of 75 g (3/4 cup) and Red cabbage is low FODMAP in amounts of 75 g (3/4 cup). According to Monash Savoy cabbage is low FODMAP in amounts of 40 g (1/2 cup). According to FODMAP Friendly Savoy cabbage is low FODMAP in amounts of 75 g (1 cup). According to both Monash and FODMAP Friendly, Napa cabbage is low FODMAP in amounts of 75 g (1 cup).
- **Carrots:** Carrots have been lab tested and deemed low FODMAP by both Monash University and FODMAP Friendly. According to Monash carrots contain no FODMAPs.
- **Scallions:** The green parts of scallions are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.
- **Sugar:** Monash University and FODMAP Friendly have both lab tested white, granulated sugar. Monash states that a Green Light low FODMAP serving size of white sugar is 1/4 cup (50 g). FODMAP Friendly simply states that they have tested 1 tablespoon and that it is low FODMAP. Regular granulated white sugar is sucrose, which is a disaccharide made up of equal parts glucose and fructose. Sucrose is broken down and absorbed efficiently in the small intestine.

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

Nutrition Facts

Low FODMAP BBQ Pulled Pork Sliders

| Amount Per Serving | |
|--------------------------|----------------------|
| Calories 282 | Calories from Fat 99 |
| | % Daily Value* |
| Fat 11g | 17% |
| Saturated Fat 2g | 10% |
| Cholesterol 82mg | 27% |
| Sodium 598mg | 25% |
| Potassium 510mg | 15% |
| Carbohydrates 17g | 6% |
| Fiber 1g | 4% |
| Sugar 5g | 6% |
| Protein 31g | 62% |
| Vitamin A 9IU | 0% |
| Vitamin C 1mg | 1% |
| Calcium 15mg | 2% |
| Iron 1mg | 6% |

* Percent Daily Values are based on a 2000 calorie diet.