

Pulled Pork with BBQ Sauce

Hands-on 15 minutes Overall 7-13 hours

Nutritional values (per serving, about 150 g/ 5.3 oz cooked meat): Total carbs: 5.2 g,

Fiber: 1.4 g, **Net carbs: 3.8 g**, Protein: 35 g, Fat: 36.6 g, Calories: 497 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 servings)

Pork:

1.6 kg pork shoulder, boneless (3.5 lb)

1 large white onion (150 g/ 5.3 oz)

3 bay leaves

1/3 cup [Spicy Chocolate BBQ Sauce](#) (80 ml/ 2.7 fl oz)

Spices for rubbing:

1 tbsp onion powder

1 tbsp garlic powder

1 tbsp paprika

1 tsp smoked paprika

2 tsp sea salt

1/2 tsp black or white pepper

Instructions

1. Preheat your slow cooker and set to high. Mix all the spices in a bowl. Score the skin of the pork by making cuts about an inch apart from one or both directions (and creating square cuts). (Note: I use a utility knife to score the skin. It's sharp, you can easily adjust the blades to the required depth and the blades can be replaced.)
2. Rub the spices into the pork. Peel and roughly slice the onion. Place in the preheated slow cooker and add bay leaves.
3. Place the pork on top of the onion and cover with a lid. You won't need to use any water - there is plenty in the pork. Cook on "high" for 5-6 hours, or on "low" 8-10 hours (exact time depends on the slow cooker).
4. When done, open the lid and let the hot steam out. To make the pork crispy, preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Using tongs or two forks, place the cooked pork on a baking sheet lined with parchment paper.
5. Cover the pork with the BBQ sauce and place in the oven. Cook for

30-40 minutes. Alternatively, instead of using the oven, place back in the slow cooker and cook covered for about an hour.

6. Meanwhile, prepare the sauce made from the drippings and aromatics. Pour the liquid with the cooked onions and bay leaves into a blender. Place in a blender, pulse until smooth and set aside.
7. When the pork is cooked and crispy, remove from the oven and place in a bowl. Using two forks, shred the meat into smaller pieces. Pour in the blended sauce (made from the drippings and cooked aromatics) and combine well.
8. Serve immediately with roasted vegetables or with [Keto Buns](#) and [Easy Russian Slaw](#). Otherwise, let it cool down and keep refrigerated for up to 5 days. You can also freeze it in batches for up to 3 months.

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