



## Apple Injected Smoked Pork

 **Gluten Free**  **Dairy Free**

READY IN



490 min.

SERVINGS



12

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups apple cider
- 2 tablespoons apple cider vinegar
- 0.5 teaspoon cayenne pepper
- 2 tablespoons neely's rub seasoning dry
- 2 tablespoons honey
- 2 teaspoons kosher salt
- 0.5 cup juice of lemon
- 0.3 cup orange juice

- 6 pound pork butt
- 1 Dash worcestershire sauce

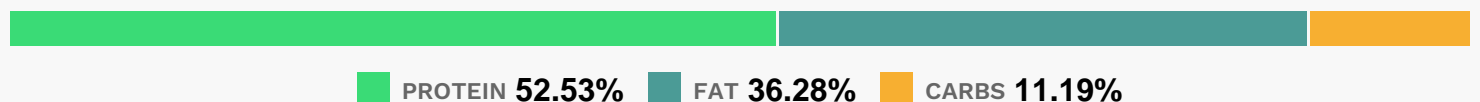
## Equipment

- bowl
- whisk
- plastic wrap
- casserole dish
- grill

## Directions

- Watch how to make this recipe.
- Special equipment: Syringe and applewood chips soaked for 1 hour
- In a large bowl, whisk together all the ingredients for the marinade.
- Put the pork into a casserole dish. Fill a syringe with the marinade and inject 3/4 of the way into the pork. Inject the meat in several places with the marinade.
- Pour the remaining marinade over the meat. Cover with plastic wrap and refrigerate for 2 to 12 hours, so flavors can permeate.
- Preheat a grill to 275 degrees F, using indirect heat and applewood soaked chips.
- Drain off excess liquid from the meat and pat dry with a towel. Season the pork with Neely's Dry Rub seasoning, to taste, making sure you cover the sides. Arrange on the grill with the fat side facing up. Grill until the meat is tender, about 6 hours.
- Transfer to a serving platter and serve.

## Nutrition Facts



## Properties

Glycemic Index:18.09, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:26.743043495261%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## **Nutrients (% of daily need)**

Calories: 335.57kcal (16.78%), Fat: 13.1g (20.15%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 8.87g (3.22%), Sugar: 7.39g (8.22%), Cholesterol: 136.08mg (45.36%), Sodium: 538.28mg (23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.67g (85.35%), Selenium: 64.1µg (91.57%), Vitamin B1: 1.28mg (85.53%), Vitamin B6: 1.21mg (60.36%), Vitamin B2: 0.88mg (52.01%), Zinc: 7.67mg (51.12%), Vitamin B3: 10.04mg (50.2%), Phosphorus: 464.35mg (46.43%), Vitamin B5: 3.6mg (35.99%), Vitamin B12: 2.06µg (34.4%), Potassium: 840mg (24%), Iron: 3.06mg (16.98%), Magnesium: 54.88mg (13.72%), Copper: 0.25mg (12.39%), Vitamin D: 1.36µg (9.07%), Vitamin C: 7.04mg (8.54%), Manganese: 0.12mg (5.9%), Vitamin K: 5.44µg (5.18%), Calcium: 43.55mg (4.36%), Vitamin E: 0.6mg (4%), Vitamin A: 63.62IU (1.27%), Folate: 4.67µg (1.17%)