



BBQ Pulled Pork with Carolina Sauce

 Gluten Free  Dairy Free

READY IN



610 min.

SERVINGS



12

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 12 servings pepper black freshly ground
- ☐ 2 quarts cider vinegar
- ☐ 0.3 cup mustard dry
- ☐ 0.3 cup honey
- ☐ 2 cups catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 pork butts

- ☐ 0.1 cup pepper flakes red
- ☐ 0.1 cup salt
- ☐ 1.5 cups salt plus more for seasoning
- ☐ 0.3 cup soya sauce
- ☐ 2 cups soya sauce
- ☐ 0.5 cup sugar
- ☐ 0.3 cup tomato paste
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ cutting board

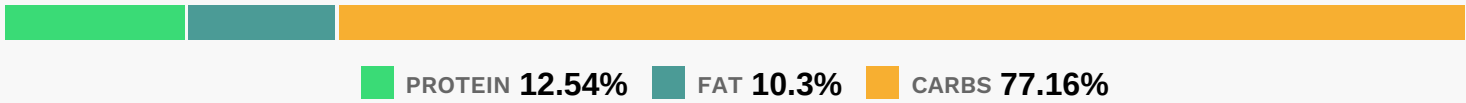
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a smoker and 1 1/2 cups applewood chips, soaked
- ☐ Combine the cider vinegar, ketchup, sugar, molasses, mustard, soy sauce, tomato paste, Worcestershire sauce, red pepper flakes, salt and a pinch ground black pepper in a stainless steel saucepan over medium heat. Bring the mixture to a boil, reduce the heat and simmer for 10 minutes.
- ☐ Remove from the heat and let cool before using. If not using immediately, pour it into a bowl or jar. Cover and refrigerate until needed.
- ☐ Combine 1 quart water with the soy sauce, salt, sugar, honey and molasses in a large saucepan over medium heat. Bring the mixture to a boil, then remove from the heat and let cool. Stir in 1 gallon plus 3 quarts water. Pierce the meat with a boning knife in several places, then add the meat to the brine. Cover and refrigerate overnight.
- ☐ Remove the meat from the brine, coat lightly with salt and pepper, and arrange in a smoker. Load 2 boxes filled with applewood chips into the smoker. Set the smoker at 250 degrees F and smoke for 8 hours.

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Remove the meat from the smoker to a cutting board and shred when cool enough to handle.
Arrange on a serving platter and serve with the BBQ sauce.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:12.83, Inflammation Score:-9, Nutrition Score:30.93739126817%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 290.89kcal (14.54%), Fat: 3.48g (5.36%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 44.28g (16.1%), Sugar: 32.05g (35.61%), Cholesterol: 2.64mg (0.88%), Sodium: 4150.27mg (180.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin K: 188.66µg (179.68%), Manganese: 2.38mg (118.89%), Iron: 13.92mg (77.36%), Fiber: 14.48g (57.91%), Calcium: 537.81mg (53.78%), Vitamin E: 7.3mg (48.64%), Magnesium: 144.72mg (36.18%), Vitamin A: 1528.38IU (30.57%), Vitamin B6: 0.6mg (29.79%), Potassium: 979.39mg (27.98%), Vitamin B3: 4.51mg (22.57%), Folate: 87.88µg (21.97%), Vitamin B2: 0.35mg (20.45%), Copper: 0.41mg (20.33%), Phosphorus: 169.31mg (16.93%), Selenium: 10.62µg (15.18%), Zinc: 1.54mg (10.3%), Vitamin B1: 0.15mg (9.78%), Vitamin B5: 0.59mg (5.93%), Vitamin C: 4.52mg (5.48%)