



## Carolina Pulled Pork with Lexington Red Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



13

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 pound boston butt pork shoulder bone-in (Boston butt)
- ☐ 1 teaspoon canola oil
- ☐ 1 cup cider vinegar
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons granulated sugar
- ☐ 0.5 teaspoon ground pepper red

- ☐ 2 tablespoons coarsely ground pepper black
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons paprika
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 2.3 cups water divided
- ☐ 4 pounds hickory wood chunks

## Equipment

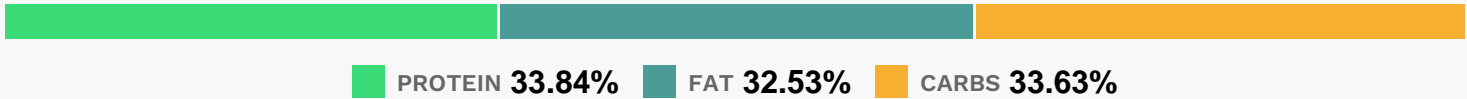
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ To prepare pork, soak wood chunks in water about 16 hours; drain.
- ☐ Combine turbinado sugar and next 4 ingredients (through ground red pepper); reserve 2 tablespoons sugar mixture. Rub half of the remaining sugar mixture onto pork.
- ☐ Place in a large zip-top plastic bag; seal and refrigerate pork overnight.
- ☐ Remove pork from refrigerator; let stand at room temperature 30 minutes. Rub remaining half of sugar mixture onto pork.

- ☐ Combine reserved 2 tablespoons sugar mixture, 1 cup vinegar, 1/4 cup water, 1 teaspoon salt, and oil in a small saucepan; cook over low heat 10 minutes or until sugar dissolves.
- ☐ Remove grill rack; set aside. Prepare grill for indirect grilling, heating one side to medium-low and leaving one side with no heat. Maintain temperature at 22
- ☐ Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heated side of grill; add half of wood chunks to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour remaining 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- ☐ Place pork on grill rack over foil pan on the unheated side. Close lid, and cook for 4 1/2 hours or until a thermometer registers 170, gently brushing pork with vinegar mixture every hour (avoid brushing off sugar mixture).
- ☐ Add additional wood chunks halfway during cooking time. Discard any remaining vinegar mixture.
- ☐ Preheat oven to 25
- ☐ Remove pork from grill. Wrap pork in several layers of aluminum foil, and place in a baking pan.
- ☐ Bake at 250 for 2 hours or until a thermometer registers 19
- ☐ Remove from oven.
- ☐ Let stand, still wrapped, for 1 hour or until pork easily pulls apart. Unwrap pork; trim and discard fat. Shred pork with 2 forks.
- ☐ To prepare sauce, combine 1 cup vinegar and remaining ingredients in a small saucepan; bring to a boil. Cook until reduced to 1 1/4 cups (about 5 minutes).
- ☐ Serve sauce warm or at room temperature with pork.

## Nutrition Facts



## Properties

Glycemic Index:17.01, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:18.75565216334%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 372.95kcal (18.65%), Fat: 13.27g (20.41%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 30.18g (10.97%), Sugar: 3.96g (4.4%), Cholesterol: 71.3mg (23.77%), Sodium: 678.19mg (29.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Vitamin B1: 0.95mg (63.09%), Selenium: 31.59µg (45.13%), Phosphorus: 376.88mg (37.69%), Vitamin B2: 0.64mg (37.63%), Vitamin B3: 5.88mg (29.42%), Zinc: 4.13mg (27.51%), Manganese: 0.49mg (24.64%), Vitamin B6: 0.48mg (24%), Magnesium: 85.6mg (21.4%), Copper: 0.42mg (20.93%), Calcium: 207.61mg (20.76%), Vitamin B12: 0.89µg (14.9%), Iron: 2.38mg (13.2%), Potassium: 434.41mg (12.41%), Vitamin A: 617.26IU (12.35%), Vitamin B5: 0.92mg (9.19%), Vitamin C: 5.36mg (6.5%), Vitamin E: 0.51mg (3.37%), Vitamin K: 3.01µg (2.86%), Fiber: 0.68g (2.73%), Folate: 6.66µg (1.67%)