



Glenn's Marinated Pork Shoulder



Gluten Free



Dairy Free

READY IN



435 min.

SERVINGS



8

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon cajun spice
- ☐ 1 tablespoon plus
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup garlic chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon blackstrap molasses

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 8 pounds boston butt pork shoulder
- ☐ 0.3 cup salad dressing italian-style
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon seasoning salt
- ☐ 1 dash soya sauce
- ☐ 0.5 cup distilled vinegar white
- ☐ 0.3 cup cooking wine
- ☐ 3 tablespoons worcestershire sauce

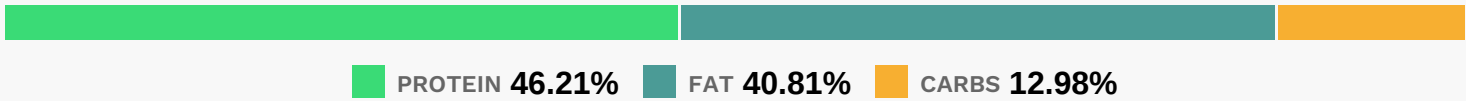
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a large bowl, mix garlic, onion, soy sauce, corn syrup, apple juice, Worcestershire sauce, molasses, wine, Italian-style salad dressing, distilled white vinegar, garlic powder, salt, onion powder, Cajun seasoning, crushed red pepper, seasoning salt and brown sugar.
- ☐ Score pork shoulder 1/8 to 1/4 inch deep.
- ☐ Place in the bowl with the marinade mixture. Marinate at least 4 hours in the refrigerator.
- ☐ Preheat an outdoor grill for medium high heat and lightly oil grate.
- ☐ Cook marinated pork shoulder on the prepared grill 3 hours, or until the internal temperature has reach a minimum of 165 degrees F (75 degrees C). Marinate frequently with the mixture while grilling.

Nutrition Facts



Properties

Glycemic Index:32.59, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:29.984347975772%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 493.58kcal (24.68%), Fat: 21.48g (33.05%), Saturated Fat: 7.08g (44.27%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 14.72g (5.35%), Sugar: 11.87g (13.19%), Cholesterol: 185.38mg (61.79%), Sodium: 490.84mg (21.34%), Alcohol: 0.78g (100%), Alcohol %: 0.29% (100%), Protein: 54.72g (109.44%), Vitamin B1: 2.47mg (164.85%), Selenium: 82.96µg (118.51%), Vitamin B6: 1.26mg (62.83%), Vitamin B3: 12.06mg (60.32%), Zinc: 8.86mg (59.03%), Phosphorus: 580.66mg (58.07%), Vitamin B2: 0.9mg (52.9%), Vitamin B12: 2.32µg (38.74%), Potassium: 1091.95mg (31.2%), Vitamin B5: 2.36mg (23.59%), Iron: 4.18mg (23.22%), Magnesium: 67.38mg (16.85%), Copper: 0.32mg (15.9%), Vitamin A: 492.94IU (9.86%), Manganese: 0.18mg (8.92%), Calcium: 69.36mg (6.94%), Vitamin C: 5.21mg (6.32%), Vitamin K: 5.13µg (4.88%), Folate: 17.17µg (4.29%), Vitamin E: 0.48mg (3.17%), Fiber: 0.65g (2.61%)