



Grilling: Smoked Pork Belly Marinated in Char Siu Sauce



Gluten Free



Dairy Free

READY IN



960 min.

SERVINGS



8

CALORIES



1207 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 servings canned tomatoes
- ☐ 5 cloves garlic finely minced
- ☐ 8 servings mayonnaise
- ☐ 0.5 cup sauce
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup pineapple juice

- ☐ 4 lbs pork belly
- ☐ 4 chunks hickory wood chunks

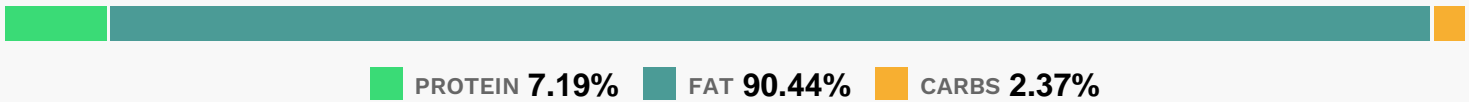
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ In a medium bowl, mix together char siu sauce, pineapple juice, garlic, salt, and black pepper.
- ☐ Score the skin of the pork diagonally every 2-inches, repeat in the opposite direction, making a diamond pattern.
- ☐ Place pork in a large resealable plastic bag and pour in marinade. Seal and toss to evenly coat. Marinate in the refrigerator for at least 4 hours to overnight.
- ☐ Remove pork belly and allow to come to room temperature while preparing the smoker or grill. Fire up smoker or grill to 225°F for indirect heat, adding chunks of apple wood when at temperature. When the wood is ignited and producing smoke, place the pork in the smoker or grill, skin side up, and smoke until pork registers 160 degrees on an instant read thermometer inserted into the center of the belly, about 4 to 5 hours.
- ☐ Place pork belly on a medium hot grill, skin side down, or in a broiler, skin side up, and cook until skin is crisp.
- ☐ Remove to a cutting board, let rest for 10 to 15 minutes, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.07, Inflammation Score:1, Nutrition Score:13.932173770407%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1207.36kcal (60.37%), Fat: 120.52g (185.41%), Saturated Fat: 43.88g (274.25%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.95g (2.53%), Sugar: 4.97g (5.52%), Cholesterol: 163.45mg (54.48%), Sodium: 1132.54mg (49.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.12%), Vitamin B1: 0.91mg (60.72%), Vitamin B3: 10.59mg (52.94%), Vitamin B2: 0.56mg (32.67%), Vitamin B12: 1.91µg (31.75%), Selenium: 18.47µg (26.38%), Phosphorus: 250.08mg (25.01%), Vitamin B6: 0.33mg (16.68%), Zinc: 2.36mg (15.73%), Potassium: 450.08mg (12.86%), Manganese: 0.15mg (7.73%), Iron: 1.3mg (7.21%), Copper: 0.14mg (6.95%), Vitamin E: 0.91mg (6.09%), Vitamin B5: 0.6mg (6.04%), Vitamin C: 2.77mg (3.36%), Magnesium: 11.99mg (3%), Calcium: 19.31mg (1.93%), Folate: 5.06µg (1.27%)