

Hickory Pulled Pork

 Gluten Free  Dairy Free

READY IN



630 min.

SERVINGS



12

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 5 pound boston butt pork shoulder bone-in trimmed (Boston butt)
- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons t brown sugar dark
- ☐ 1 teaspoon garlic powder
- ☐ 3 cups fries
- ☐ 2 teaspoons salt

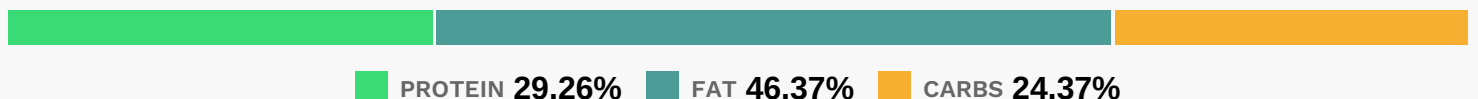
Equipment

- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Submerge wood chips in water; weight with a board or plate. Soak chips for 30 minutes.
- ☐ Drain.
- ☐ Combine brown sugar, salt, garlic powder, chili powder, and black pepper, stirring well. Rub spice mixture evenly over both sides of pork shoulder. Cover loosely with foil; let pork stand at room temperature for 1 hour.
- ☐ Set aside grill rack. Prepare grill for indirect grilling, heating one side to high and leaving one side with no heat. Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heat element or over coals; add 1 cup soaked wood chips to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour 2 cups water into unpierced pan.
- ☐ Let chips stand for 5 minutes or until smoking; reduce heat to medium-low.
- ☐ Coat grill rack with cooking spray. Set grill rack in place.
- ☐ Place pork on grill rack over indirect heat. Close lid, and grill 3 hours, maintaining a constant temperature of 275; add 1/2 cup soaked wood chips every 45 minutes. Grill pork an additional 3 1/2 hours or until a thermometer inserted in pork registers 17
- ☐ Wrap pork in heavy-duty aluminum foil, and cook an additional 1 1/2 hours or until pork reaches 19
- ☐ Remove pork from grill; let stand 30 minutes. Shred.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:9.79, Inflammation Score:-3, Nutrition Score:16.143043590629%

Nutrients (% of daily need)

Calories: 334.19kcal (16.71%), Fat: 17.13g (26.35%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 17.41g (6.33%), Sugar: 1.97g (2.19%), Cholesterol: 77.24mg (25.75%), Sodium: 771.23mg (33.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.64%), Vitamin B1: 1.07mg (71%), Selenium: 34.47µg (49.24%), Vitamin B3: 6.3mg (31.49%), Vitamin B6: 0.6mg (29.87%), Phosphorus: 280.8mg (28.08%), Zinc: 3.84mg (25.6%), Vitamin B2: 0.38mg (22.6%), Potassium: 661.9mg (18.91%), Vitamin B12: 0.97µg (16.14%), Vitamin B5: 1.28mg (12.77%), Iron: 2.29mg (12.74%), Fiber: 2.84g (11.37%), Magnesium: 36.02mg (9.01%), Manganese: 0.18mg (8.99%), Copper: 0.14mg (6.94%), Vitamin C: 4.65mg (5.64%), Folate: 19.04µg (4.76%), Calcium: 25.4mg (2.54%), Vitamin A: 106.66IU (2.13%)