



Kalua Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



200 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon liquid smoke
- 3 pounds pork butt
- 0.3 cup sea salt
- 2 cups water

Equipment

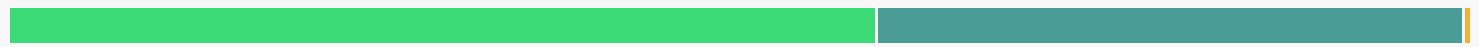
- frying pan
- oven
- roasting pan

casserole dish

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place pork fat-side up in a roasting pan or deep casserole dish.
- Combine water and liquid smoke; pour over meat.
- Sprinkle with salt. Cover and roast in a preheated oven for three hours.
- Remove from pan and shred.

Nutrition Facts



PROTEIN 59.31% **FAT 40.69%** **CARBS 0%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:25.364782758381%

Nutrients (% of daily need)

Calories: 299.37kcal (14.97%), Fat: 12.95g (19.92%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 136.08mg (45.36%), Sodium: 4868.77mg (211.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.96%), Selenium: 63.97µg (91.38%), Vitamin B1: 1.27mg (84.37%), Vitamin B6: 1.18mg (59.08%), Vitamin B2: 0.87mg (51.23%), Zinc: 7.64mg (50.94%), Vitamin B3: 9.95mg (49.75%), Phosphorus: 458.13mg (45.81%), Vitamin B5: 3.55mg (35.54%), Vitamin B12: 2.06µg (34.4%), Potassium: 769.81mg (21.99%), Iron: 2.76mg (15.34%), Magnesium: 50.81mg (12.7%), Copper: 0.25mg (12.38%), Vitamin D: 1.36µg (9.07%), Calcium: 37.04mg (3.7%), Vitamin E: 0.54mg (3.63%), Manganese: 0.04mg (2.08%)