



Marshall's Pork Shoulder and Barbecue Sauce

 **Gluten Free**  **Dairy Free**

READY IN



770 min.

SERVINGS



10

CALORIES



384 kcal

SAUCE

Ingredients

- 16 ounces apple cider vinegar
- 1 teaspoon cayenne pepper red
- 1.3 teaspoons pepper red crushed
- 2 ounces hot sauce red
- 2 ounces juice of lemon freshly squeezed
- 4 ounces brown sugar light
- 8 pound boston butt pork shoulder with skin
- 10 servings salt and pepper black

10 servings serving suggestions: baked sweet potatoes

Equipment

- bowl
- grill
- cleaver

Directions

- Mix all the ingredients, except the pork, in a glass or plastic bowl until the brown sugar dissolves. The sauce can be made a day ahead and stored, covered, in the refrigerator.
- Preheat the grill to 250 degrees F.
- Place the pork shoulder on the grill and cook the meat until the internal temperature reaches 180 degrees F, about 10 to 12 hours. Once the pork shoulder is finished cooking, remove from the grill and let rest until it is cool enough to handle.
- Strip the skin and bones from the pork shoulder and discard. Pull the pork meat into shreds or chop with a cleaver.
- Pour half of the sauce into the meat and mix with your hands. Continue adding sauce to the meat until the meat is moist but not soggy.
- Serve the pork shoulder with baked sweet potatoes, coleslaw, and some extra barbecue sauce on the side.

Nutrition Facts



PROTEIN 47.35% **FAT 39.04%** **CARBS 13.61%**

Properties

Glycemic Index:13, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:24.848260952079%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 384.29kcal (19.21%), Fat: 15.91g (24.48%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 12.27g (4.46%), Sugar: 11.48g (12.75%), Cholesterol: 148.31mg (49.44%), Sodium: 522.08mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.41g (86.82%), Vitamin B1: 1.96mg (130.81%), Selenium: 65.56µg (93.66%), Vitamin B3: 9.55mg (47.73%), Vitamin B6: 0.95mg (47.35%), Zinc: 7mg (46.67%), Phosphorus: 454.1mg (45.41%), Vitamin B2: 0.71mg (41.49%), Vitamin B12: 1.86µg (30.99%), Potassium: 829.33mg (23.7%), Vitamin B5: 1.86mg (18.58%), Iron: 2.97mg (16.5%), Magnesium: 51.33mg (12.83%), Copper: 0.23mg (11.55%), Vitamin C: 8.38mg (10.16%), Manganese: 0.16mg (8.08%), Vitamin A: 322.02IU (6.44%), Calcium: 45.91mg (4.59%), Folate: 13.05µg (3.26%), Vitamin E: 0.17mg (1.15%)