



WHATSheATE



HEALTH SCORE

71%

Neely's Pork Shoulder



Gluten Free



Dairy Free



Very Healthy

READY IN



370 min.

SERVINGS



5

CALORIES



1088 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup apple cider vinegar



0.5 tablespoon ground mustard



0.5 tablespoon ground pepper fresh black



2 cups catsup



1 tablespoon juice of lemon



5 tablespoons brown sugar light



0.5 tablespoon onion powder



3.8 tablespoons onion powder

- ☐ 1.5 cups paprika
- ☐ 5.5 pound pork butt
- ☐ 5 tablespoons sugar
- ☐ 1 cup water
- ☐ 0.8 cup sugar white
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Special equipment: Hickory Chips, for indoor grilling
- ☐ Rinse butt thoroughly and sprinkle Neely's BBQ seasoning over entire butt. Massage seasoning into meat.
- ☐ Using an indoor grill pan, sprinkle hickory chips on bottom of pan and heat over medium heat until chips start to smoke.
- ☐ Add pork, cover with foil and smoke meat for about 1 hour.
- ☐ Preheat oven to 275 degrees F.
- ☐ Place smoke pan with meat in the oven for 5 to 6 hours or until the meat pulls apart.
- ☐ Serve with Neely's BBQ sauce or sprinkle Neely's BBQ seasoning onto meat.
- ☐ Mix all ingredients together.
- ☐ In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Nutrition Facts



 **PROTEIN 35.88%**  **FAT 26.86%**  **CARBS 37.26%**

Properties

Glycemic Index:45.44, Glycemic Load:30.41, Inflammation Score:-10, Nutrition Score:64.227825848953%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 1087.89kcal (54.39%), Fat: 33.24g (51.14%), Saturated Fat: 10.71g (66.95%), Carbohydrates: 103.77g (34.59%), Net Carbohydrates: 91.02g (33.1%), Sugar: 78.31g (87.01%), Cholesterol: 299.37mg (99.79%), Sodium: 1273.2mg (55.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.92g (199.85%), Vitamin A: 16457.14IU (329.14%), Selenium: 146.19µg (208.85%), Vitamin B1: 2.94mg (195.88%), Vitamin B6: 3.5mg (174.92%), Vitamin B2: 2.49mg (146.73%), Vitamin B3: 26.62mg (133.1%), Zinc: 18.65mg (124.34%), Phosphorus: 1165.15mg (116.52%), Vitamin B5: 8.75mg (87.54%), Potassium: 2836.21mg (81.03%), Vitamin E: 12.09mg (80.62%), Iron: 13.86mg (77.02%), Vitamin B12: 4.54µg (75.67%), Fiber: 12.75g (50.98%), Magnesium: 193.63mg (48.41%), Manganese: 0.92mg (45.76%), Copper: 0.89mg (44.72%), Vitamin K: 30.2µg (28.76%), Calcium: 203.11mg (20.31%), Vitamin D: 2.99µg (19.96%), Vitamin C: 7.27mg (8.82%), Folate: 30.55µg (7.64%)