



Oklahoma Joe's Pulled Pork

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

READY IN



470 min.

SERVINGS



6

CALORIES



904 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 1.5 cups bbq sauce your favorite
- 1 tablespoon pepper black freshly ground
- 0.3 cup firmly brown sugar light packed
- 1 tablespoon celery salt
- 2 tablespoons chili powder
- 1 teaspoon thyme leaves dried
- 2 tablespoons garlic powder

- 2 tablespoons onion powder
- 2 tablespoons paprika spanish
- 4 cups hickory wood chips for 30 minutes
- 4 pound pork shoulder roast bone-in (Boston butt)
- 0.3 cup salt
- 2 tablespoons sugar
- 1 teaspoon pepper white freshly ground

Equipment

- bowl
- grill
- kitchen thermometer
- aluminum foil

Directions

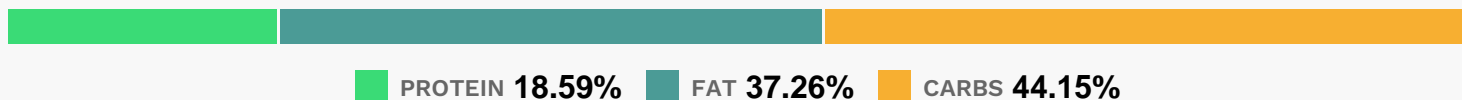
- Special equipment: spray bottle for apple juice
- Combine all the spices in a bowl, mix well. Pat the spice rub onto the meat, making sure to heavily season the entire surface area. Cover or wrap the pork and let it sit at room temperature while getting the smoker or charcoal grill fired up. Do not leave at room temperature for longer than 1 hour.
- The grill is ready when the charcoal has burned to a white ash. If using a grill instead of a smoker, arrange the coals on 1 side of the grill, leaving an area large enough for the pork to cook indirectly with no coals directly underneath the meat.
- When the grill has reached 200 to 225 degrees F, scatter 1/4 of the wood chips over the coals, close the grate, put the pork on the grill and close the lid.
- Maintain a 200 to 225 degree F cooking temperature inside the grill, adding coals every 2 hours or as necessary.
- Add wood chips and spray the pork with apple juice every time you add new coals. Try not to lift the lid of the cooker at any other time.
- When the pork reaches an internal temperature of 165 to 170 degrees F on an instant read meat thermometer (after about 4 to 5 hours), remove it from the grill and double wrap in

aluminum foil to keep the juices from leaking out. Return pork to the grill (or smoker) The pork is finished cooking when it pulls apart easily and reaches an internal temperature of 190 to 195 degrees F, about another 1 to 2 hours.

Let rest for 1 hour, then unwrap the pork butt and pull the bone out. "Pull" the pork by hand, shredding it and discarding any large pieces of fat.

Serve with your favorite BBQ sauce.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:30.94, Inflammation Score:-8, Nutrition Score:34.120869968248%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 904.38kcal (45.22%), Fat: 37.75g (58.08%), Saturated Fat: 11.86g (74.15%), Carbohydrates: 100.65g (33.55%), Net Carbohydrates: 90.83g (33.03%), Sugar: 41.15g (45.72%), Cholesterol: 123.59mg (41.2%), Sodium: 7579.52mg (329.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.39g (84.78%), Vitamin B1: 1.81mg (120.34%), Selenium: 57.91µg (82.73%), Vitamin B6: 1.24mg (62.21%), Vitamin B3: 12.28mg (61.38%), Phosphorus: 541.48mg (54.15%), Potassium: 1656.57mg (47.33%), Zinc: 6.78mg (45.22%), Vitamin B2: 0.71mg (41.89%), Fiber: 9.81g (39.25%), Manganese: 0.78mg (39.11%), Iron: 6.02mg (33.47%), Vitamin B5: 2.6mg (26.02%), Vitamin B12: 1.55µg (25.82%), Magnesium: 90.88mg (22.72%), Vitamin A: 1071.17IU (21.42%), Vitamin C: 16.93mg (20.52%), Copper: 0.37mg (18.4%), Folate: 51.02µg (12.76%), Vitamin E: 1.69mg (11.26%), Calcium: 106.76mg (10.68%), Vitamin K: 8.86µg (8.44%)