



Oven Kalua Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



330 min.

SERVINGS



12

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon liquid smoke
- 5 pounds pork butt
- 2.5 tablespoons sea salt divided

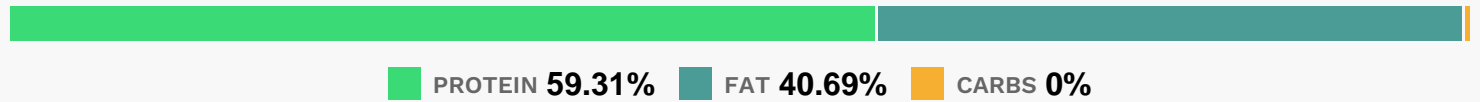
Equipment

- oven
- roasting pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C). Rub liquid smoke and 1 1/2 tablespoons of the salt into the skin of the pork. Wrap well in foil, and seal completely.
- Place in a roasting pan.
- Bake in the preheated oven until an internal temperature of 145 degrees F (63 degrees C) is reached, about 5 hours.
- Remove from oven and let cool before shredding.
- Sprinkle the shredded meat with the remaining 1 tablespoon of salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:21.063912811487%

Nutrients (% of daily need)

Calories: 249.48kcal (12.47%), Fat: 10.79g (16.6%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 113.4mg (37.8%), Sodium: 1579.05mg (68.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.8%), Selenium: 53.3µg (76.14%), Vitamin B1: 1.05mg (70.31%), Vitamin B6: 0.98mg (49.23%), Vitamin B2: 0.73mg (42.69%), Zinc: 6.35mg (42.36%), Vitamin B3: 8.29mg (41.46%), Phosphorus: 381.77mg (38.18%), Vitamin B5: 2.96mg (29.62%), Vitamin B12: 1.72µg (28.66%), Potassium: 641mg (18.31%), Iron: 2.28mg (12.67%), Magnesium: 41.62mg (10.4%), Copper: 0.19mg (9.7%), Vitamin D: 1.13µg (7.56%), Vitamin E: 0.45mg (3.02%), Calcium: 27.36mg (2.74%), Manganese: 0.03mg (1.42%)