



## Pulled Pork

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

READY IN



**1460 min.**

SERVINGS



**10**

CALORIES



**433 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 pound pork butt
- 1 tablespoon chili powder
- 1 teaspoon coriander whole
- 1 teaspoon cumin seed whole
- 1 teaspoon fennel seed whole
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 12 ounces pickling salt

2 quarts bottled water

8 ounces or

## Equipment

mixing bowl

pot

## Directions

Watch how to make this recipe.

Video: Watch Alton make this recipe

Combine molasses, pickling salt, and water in 6 quart Lexan.

Add Boston butt making sure it is completely submerged in brine, cover, and let sit in refrigerator for a minimum of 8 hours. 12 hours is ideal.

Place cumin seed, fennel seed, and coriander in food grinder and grind fine.

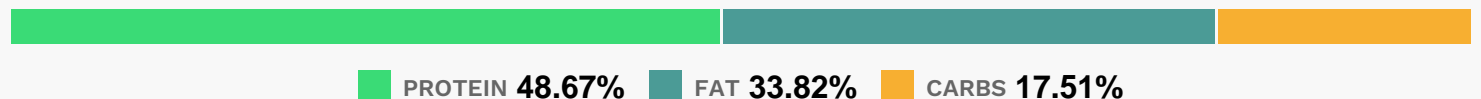
Transfer to a small mixing bowl and stir in chili powder, onion powder, and paprika.

Remove Boston butt from brine and pat dry. Sift the rub evenly over the shoulder and then pat onto the meat making sure as much of the rub as possible adheres. More rub will adhere to the meat if you are wearing latex gloves during the application.

Preheat smoker to 210 degrees F.

Place butt in smoker and cook for 10 to 12 hours, maintaining a temperature of 210 degrees F. Begin checking meat for doneness after 10 hours of cooking time. Use fork to check for doneness. Meat is done when it falls apart easily when pulling with a fork. Once done, remove from pot and set aside to rest for at least 1 hour. Pull meat apart with 2 forks and serve as sandwich with coleslaw and dressing as desired.

## Nutrition Facts



## Properties

Glycemic Index:9.6, Glycemic Load:7.48, Inflammation Score:-7, Nutrition Score:34.653478307569%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 433.08kcal (21.65%), Fat: 15.85g (24.38%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.73g (6.45%), Sugar: 17.12g (19.03%), Cholesterol: 163.29mg (54.43%), Sodium: 13394.63mg (582.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.32g (102.64%), Selenium: 81.14µg (115.91%), Vitamin B1: 1.54mg (102.5%), Vitamin B6: 1.61mg (80.42%), Vitamin B2: 1.06mg (62.56%), Zinc: 9.37mg (62.49%), Vitamin B3: 12.34mg (61.69%), Phosphorus: 565.61mg (56.56%), Vitamin B5: 4.48mg (44.77%), Vitamin B12: 2.48µg (41.28%), Potassium: 1301.92mg (37.2%), Magnesium: 121.73mg (30.43%), Iron: 4.93mg (27.4%), Manganese: 0.47mg (23.5%), Copper: 0.45mg (22.48%), Vitamin A: 585.46IU (11.71%), Calcium: 109.63mg (10.96%), Vitamin D: 1.63µg (10.89%), Vitamin E: 1.17mg (7.81%), Fiber: 0.73g (2.92%), Vitamin K: 1.48µg (1.41%)