



Pulled Pork BBQ

 Gluten Free  Dairy Free

READY IN



855 min.

SERVINGS



8

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

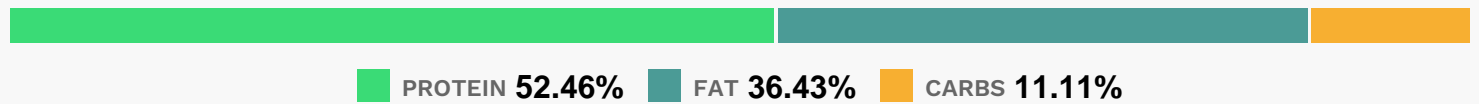
- 0.5 cup apple cider vinegar
- 8 servings bbq sauce
- 8 servings bell pepper black
- 6 pound pork butt bone in
- 8 servings pepper flakes red crushed
- 8 servings sugar

Equipment

Directions

- Slowly smoke the Boston butt in an outdoor smoker until meat is cooked through and falling from the bone, about 10 to 12 hours.
- Remove the pork from the smoker and remove the bone and excess fat. Pull the meat apart with your hands.
- Once pulled, add the black pepper, red pepper, sugar, and BBQ sauce to the meat, to taste. Boil the vinegar and pour over the meat and spices.
- Mix well.
- Let the pork and BBQ mixture sit a few hours before serving for more flavorful meat.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:8.45, Inflammation Score:-6, Nutrition Score:36.839999548281%

Nutrients (% of daily need)

Calories: 506kcal (25.3%), Fat: 19.76g (30.4%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.83g (4.66%), Sugar: 12.51g (13.9%), Cholesterol: 204.12mg (68.04%), Sodium: 265.11mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.01g (128.01%), Selenium: 96.45µg (137.78%), Vitamin B1: 1.9mg (126.91%), Vitamin B6: 1.82mg (90.77%), Vitamin B2: 1.33mg (78.13%), Zinc: 11.53mg (76.84%), Vitamin B3: 15.16mg (75.82%), Phosphorus: 694.75mg (69.47%), Vitamin B5: 5.35mg (53.52%), Vitamin B12: 3.1µg (51.6%), Potassium: 1207.05mg (34.49%), Iron: 4.48mg (24.89%), Magnesium: 78.87mg (19.72%), Copper: 0.37mg (18.55%), Vitamin D: 2.04µg (13.61%), Vitamin A: 595.79IU (11.92%), Vitamin E: 1.59mg (10.59%), Manganese: 0.13mg (6.5%), Calcium: 56.17mg (5.62%), Fiber: 0.73g (2.92%), Vitamin K: 2.3µg (2.19%)