

health-score100%

HEALTH SCORE

Pulled Pork Pancakes with JD Syrup

Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

1214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 6 servings bbq sauce your favorite
- ☐ 2 bottles cans of beer your favorite canned
- ☐ 2 cups buttermilk
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 tablespoons chile powder
- ☐ 1 tablespoon brown sugar dark
- ☐ 2 large eggs

- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons ground coriander
- ☐ 1 tablespoon ground pepper black
- ☐ 2 tablespoons ground pepper white
- ☐ 13 cup kosher salt
- ☐ 12 ounce maple syrup pure
- ☐ 1 tablespoon oregano dried
- ☐ 13 cup paprika
- ☐ 1 pork butt boneless
- ☐ 1 teaspoon salt
- ☐ 6 servings butter salted for serving
- ☐ 6 servings irish whiskey such as jack daniel's

Equipment

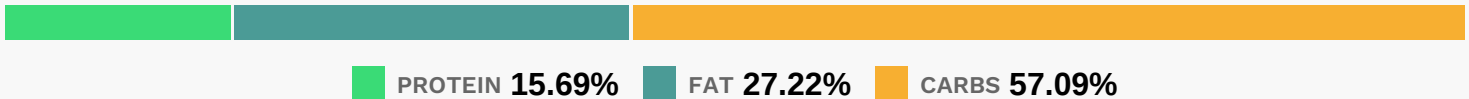
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ stove

Directions

- ☐ Special equipment: Small bag of wood chips (preferably hickory), soaked in water for 30 minutes
- ☐ Blend the flour, baking soda, and salt in a bowl. In a separate, larger bowl, blend the egg and buttermilk. Fold the dry ingredients into the wet, taking care not to overmix. Leave the batter slightly lumpy.

- ☐ Heat some oil in a large nonstick pan over medium heat. Ladle about 1/4 cup pancake batter into the pan for each pancake, cooking 3 at a time. Cook the pancakes for about 2 minutes per side, flipping once when edges are golden and small bubbles form on top.
- ☐ To serve, layer hot pulled pork between the 3 pancakes. Cover with JD Syrup and top with a pat of salted butter. Repeat!
- ☐ Combine all the rub spices in a bowl and rub the pork butt with 1/4 cup of the spice mixture.
- ☐ Wrap the pork butt in plastic wrap and refrigerate for 12 hours or overnight.
- ☐ Unwrap the pork butt and smoke for about 1 hour. (Follow the stovetop smoker manufacturer's instructions or use an outdoor smoker.)
- ☐ Preheat the oven to 225degreesF.
- ☐ Remove the pork butt from the smoker, place it in a roasting pan, and add the beer. Cover and braise in the oven until the pork is tender and pulls apart with a fork, about 3 hours.
- ☐ Pull the pork and mix it with 1/2 cup of the braising liquid and BBQ sauce to taste.
- ☐ In a medium saucepan, heat the maple syrup over medium heat.
- ☐ Add whiskey to taste and bring to a boil for a couple of minutes. Keep warm to serve. Store leftovers in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:45.06, Inflammation Score:-10, Nutrition Score:80.170435076175%

Nutrients (% of daily need)

Calories: 1213.6kcal (60.68%), Fat: 44.21g (68.01%), Saturated Fat: 11.34g (70.85%), Carbohydrates: 208.64g (69.55%), Net Carbohydrates: 122.46g (44.53%), Sugar: 64.82g (72.03%), Cholesterol: 126.55mg (42.18%), Sodium: 246371.16mg (10711.79%), Alcohol: 0.37g (100%), Alcohol %: 0.04% (100%), Protein: 57.33g (114.66%), Vitamin A: 116691.27IU (2333.83%), Vitamin E: 70.03mg (466.88%), Fiber: 86.18g (344.7%), Manganese: 6.34mg (316.92%), Iron: 56.45mg (313.62%), Vitamin B6: 5.56mg (278.21%), Vitamin B2: 4.36mg (256.22%), Vitamin K: 198.86µg (189.39%), Potassium: 6072.17mg (173.49%), Vitamin B3: 29.91mg (149.55%), Magnesium: 490.16mg (122.54%), Vitamin B1: 1.62mg (107.86%), Copper: 2.12mg (106.11%), Phosphorus: 1060.92mg (106.09%), Zinc: 14.81mg (98.73%), Calcium: 922.46mg (92.25%), Selenium: 60.24µg (86.05%), Vitamin B5: 7.85mg (78.46%), Folate: 206.79µg (51.7%), Vitamin B12: 1.21µg (20.12%), Vitamin D: 1.82µg (12.16%), Vitamin C: 3.67mg (4.45%)