

Savory BBQ Pie

 Dairy Free

READY IN



175 min.

SERVINGS



8

CALORIES



613 kcal

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup bell pepper diced green
- ☐ 2 tablespoons hot sauce
- ☐ 1 jalapeño diced
- ☐ 0.3 cup catsup
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon oil

- ☐ 0.3 cup onion diced
- ☐ 4 pound pork butt
- ☐ 0.3 cup bell pepper diced red
- ☐ 1 tablespoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.3 cup shortening
- ☐ 0.5 tablespoon sugar
- ☐ 0.5 cup water cold
- ☐ 1 tablespoon water
- ☐ 0.3 cup mustard yellow

Equipment

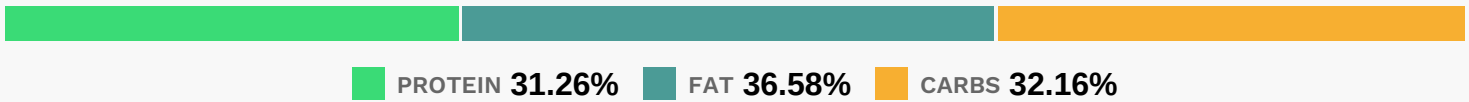
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ pie form

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saute pan over medium heat, saute peppers and onions until soft using 1 tablespoon oil.
- ☐ In a bowl, add ketchup, mustard, molasses, brown sugar and hot sauce.
- ☐ Mix together.
- ☐ Pour over sauteed vegetables and stir. Allow to simmer together for 3 to 5 minutes. Reserve 1/2 cup of BBQ sauce and set aside.
- ☐ Preheat smoker to 225 degrees F, over hickory soaked chips.
- ☐ Season the pork butt with salt and freshly ground black pepper. Be sure to rub in well.

- ☐ Place onto grill, close top of grill and cook for 1 to 1 1/2 hours. Baste pork with BBQ sauce. Close grill top and cook for another 20 to 30 minutes.
- ☐ When ready, slice into 1/2 to 1/4-inch slices.
- ☐ Place pork into a bowl and mix in reserved BBQ sauce.
- ☐ Preheat oven to 350 degrees F.
- ☐ Add flour, salt, sugar and shortening to a bowl.
- ☐ Mix together with hands.
- ☐ Add water and mix. Divide into 2 balls.
- ☐ Flour your work surface.
- ☐ Roll dough out with a 1/8-inch thickness. Line 1 piece of dough into a 9-inch circular pie dish.
- ☐ Beat together the egg and water,
- ☐ Add pork to pie dish, then take the second rolled out piece of dough and cover the meat. Pinch the sides together and brush top with egg wash. With a knife, make 3 slits in the top crust.
- ☐ Bake for 50 to 55 minutes or until golden brown.;

Nutrition Facts



Properties

Glycemic Index:44.26, Glycemic Load:22.63, Inflammation Score:-6, Nutrition Score:34.526086869447%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 613.17kcal (30.66%), Fat: 24.57g (37.8%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 46.94g (17.07%), Sugar: 23.15g (25.72%), Cholesterol: 159.33mg (53.11%), Sodium: 1329.24mg (57.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.23g (94.47%), Selenium: 82.72µg (118.18%), Vitamin B1: 1.55mg (103.4%), Vitamin B6: 1.37mg (68.48%), Vitamin B2: 1.09mg (64.02%), Vitamin B3: 12.25mg (61.23%), Zinc: 8.08mg (53.89%), Phosphorus: 527.34mg (52.73%), Vitamin B5: 4.04mg (40.41%), Vitamin B12: 2.12µg (35.32%), Potassium: 1107.58mg (31.65%), Iron: 5.3mg (29.44%), Manganese: 0.55mg (27.69%), Magnesium: 100.92mg

(25.23%), Copper: 0.38mg (19.1%), Vitamin C: 15.03mg (18.22%), Folate: 66.08µg (16.52%), Vitamin E: 1.8mg (12%), Vitamin D: 1.49µg (9.91%), Calcium: 88.36mg (8.84%), Vitamin K: 7.52µg (7.16%), Fiber: 1.67g (6.66%), Vitamin A: 280.21IU (5.6%)