



Slow Cooked Apple Smoked Barbecue Pork

 Dairy Free

READY IN



575 min.

SERVINGS



10

CALORIES



798 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings apple chips
- 1 teaspoon pepper black freshly ground
- 2 teaspoons pepper black
- 0.3 cup brown sugar
- 4 tablespoons brown sugar
- 1 teaspoon cayenne
- 4 teaspoons cayenne
- 4 tablespoons thyme leaves dried

- 1 tablespoon mustard dry
- 6 cloves garlic minced
- 4 tablespoons garlic powder
- 1 teaspoon ground coriander
- 4 teaspoons ground coriander
- 1 teaspoon ground cumin
- 0.3 cup honey
- 2 tablespoons hot sauce southern style (recommended: Tabasco)
- 1 cup catsup
- 1 teaspoon kosher salt
- 2 tablespoons kosher salt
- 10 servings olive oil
- 0.5 medium onion minced
- 4 tablespoons onion powder
- 4 tablespoons oregano dried
- 1 tablespoon oregano leaves fresh chopped
- 2 tablespoons mild paprika
- 2 tablespoons paprika hot
- 2 large toppings: such as pickles sliced into thin rounds
- 5 pounds pork butt
- 1 small onion red thinly sliced
- 1 tablespoon paprika smoked
- 8 large rolls
- 1 cup tomato purée
- 2 tablespoons vegetable oil
- 2 teaspoons pepper white
- 1 tablespoon worcestershire sauce

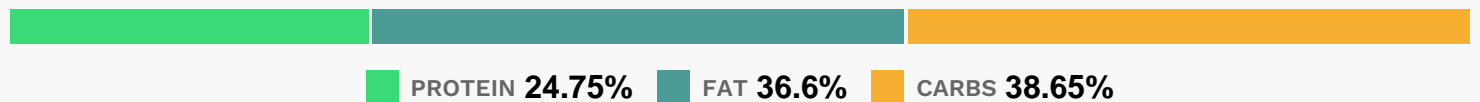
Equipment

- bowl
- frying pan
- grill

Directions

- Watch how to make this recipe.
- Place the pork butt in a shallow pan. To the pork rub, add the dry mustard and mix well. Rub the whole surface with the Pork Rub.
- Drizzle the surface with olive oil and rub well again. Cover and refrigerate at least 6 hours or overnight in the refrigerator.
- Soak the apple chips in cold water for at least 30 minutes. Preheat 1 side of the charcoal grill to medium.
- Drain the apple chips and place on the hot side of the grill in the wood chip tray or in a small metal tray by the fire. Keep the other half of the grill on very low heat.
- Place the pork on the hotter side of the grill and sear until golden brown on all sides, about 15 minutes.
- Remove to the lower heat side of the grill. Cook slowly, over low heat, 300 degrees F, until the meat is tender and falling off the bone, about 2 1/2 hours. Turn the meat every 20 minutes or so.
- Remove from the grill and let rest for 10 minutes. Slice or shred into bite-size pieces and place in a large bowl. Toss with desired amount of BBQ Sauce.
- Place on buns and top with red onions and pickles.
- Mix all ingredients together and stir well.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:26.4, Inflammation Score:-10, Nutrition Score:43.913913125577%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 797.78kcal (39.89%), Fat: 33g (50.77%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 78.42g (26.14%), Net Carbohydrates: 70.69g (25.7%), Sugar: 39.5g (43.89%), Cholesterol: 136.08mg (45.36%), Sodium: 2557.17mg (111.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.2g (100.4%), Selenium: 68.24µg (97.48%), Iron: 16.52mg (91.76%), Vitamin B1: 1.37mg (91.46%), Vitamin B6: 1.53mg (76.49%), Vitamin K: 67.84µg (64.61%), Vitamin B2: 1.05mg (61.67%), Vitamin B3: 11.46mg (57.29%), Zinc: 8.5mg (56.7%), Phosphorus: 547.55mg (54.75%), Vitamin B5: 3.93mg (39.3%), Vitamin A: 1963.98IU (39.28%), Potassium: 1331.46mg (38.04%), Vitamin E: 5.4mg (35.97%), Manganese: 0.72mg (35.8%), Vitamin B12: 2.06µg (34.4%), Fiber: 7.73g (30.94%), Copper: 0.49mg (24.38%), Magnesium: 97.25mg (24.31%), Vitamin C: 16.28mg (19.74%), Calcium: 188.88mg (18.89%), Vitamin D: 1.36µg (9.07%), Folate: 30.75µg (7.69%)