



## Slow-Roasted Pulled Pork

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

READY IN



**293 min.**

SERVINGS



**13**

CALORIES



**161 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon chili powder
- 1.5 teaspoons garlic powder
- 1.5 teaspoons ground cumin
- 1.5 teaspoons ground pepper red
- 1.5 teaspoons hungarian paprika hot
- 1 tablespoon kosher salt
- 1.5 teaspoons onion powder

- 1 tablespoon paprika
- 4.8 pound boston butt pork shoulder trimmed (Boston butt)

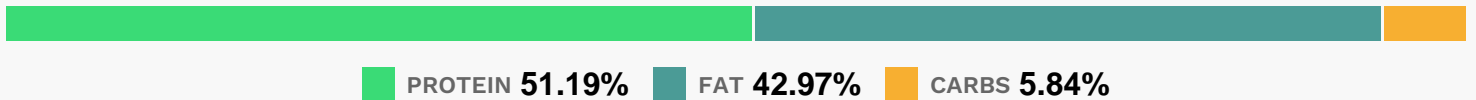
## Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 30
- Combine first 9 ingredients (through hot paprika). Rub seasoning mixture on all sides of pork.
- Place pork in a shallow roasting pan.
- Bake at 300 for 4 hours and 15 minutes or until a thermometer inserted in center registers 190 and pork is very tender.
- Remove from oven. Cover with foil, and let stand 20 minutes.
- Remove pork from bone; shred with 2 forks.

## Nutrition Facts



## Properties

Glycemic Index:5.54, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:12.876956540605%

## Nutrients (% of daily need)

Calories: 160.57kcal (8.03%), Fat: 7.5g (11.54%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.07g (1.19%), Cholesterol: 67.74mg (22.58%), Sodium: 625.19mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Vitamin B1: 0.9mg (60.17%), Selenium: 30.16µg (43.08%), Vitamin B6: 0.46mg (23.17%), Vitamin B3: 4.51mg (22.53%), Zinc: 3.27mg (21.82%), Phosphorus: 212.52mg (21.25%), Vitamin B2: 0.34mg (19.78%), Vitamin B12: 0.85µg (14.15%), Vitamin A: 666.36IU (13.33%), Potassium: 390.8mg (11.17%), Iron: 1.71mg (9.52%), Vitamin B5: 0.86mg (8.61%), Magnesium: 25.34mg (6.33%), Copper: 0.12mg (5.83%), Vitamin E: 0.54mg (3.59%), Manganese: 0.06mg (2.77%), Fiber: 0.64g (2.54%), Calcium: 22.69mg (2.27%),

Folate: 6.19µg (1.55%), Vitamin K: 1.48µg (1.41%), Vitamin C: 1.07mg (1.3%)