



Smoked Boston Butt



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons garlic powder
- ☐ 1 cup honey
- ☐ 2 tablespoons pepper
- ☐ 6 pound pork butt
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 10 ounce teriyaki sauce
- ☐ 8 servings hickory wood chunks

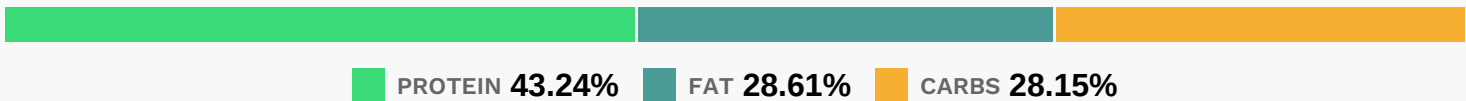
Equipment

- ☐ frying pan
- ☐ knife
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a shallow dish or large heavy-duty zip-top plastic bag.
- ☐ Cut deep slits in roast using a paring knife; add roast to marinade. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Soak wood chunks in water 1 hour.
- ☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- ☐ Drain wood chunks, and place on coals.
- ☐ Place water pan in smoker; add water to depth of fill line.
- ☐ Place roast in center of lower food rack.
- ☐ Cook, covered, 6 to 8 hours or until a meat thermometer inserted into thickest portion registers 165, adding additional water, if necessary.
- ☐ Remove from smoker; cool slightly. Chop or shred; serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:18.51, Inflammation Score:-4, Nutrition Score:38.10347848094%

Nutrients (% of daily need)

Calories: 624.98kcal (31.25%), Fat: 19.57g (30.11%), Saturated Fat: 6.83g (42.68%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 42.54g (15.47%), Sugar: 39.92g (44.36%), Cholesterol: 204.12mg (68.04%), Sodium: 1586.4mg (68.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.54g (133.08%), Selenium: 97.28µg (138.97%), Vitamin B1: 1.92mg (127.99%), Vitamin B6: 1.86mg (93.03%), Vitamin B2: 1.36mg (79.83%), Zinc: 11.66mg (77.72%),

Vitamin B3: 15.5mg (77.48%), Phosphorus: 757.16mg (75.72%), Vitamin B5: 5.47mg (54.69%), Vitamin B12: 3.1µg (51.6%), Potassium: 1314.6mg (37.56%), Iron: 5.2mg (28.89%), Magnesium: 102.94mg (25.74%), Copper: 0.43mg (21.7%), Manganese: 0.33mg (16.62%), Vitamin D: 2.04µg (13.61%), Calcium: 70.42mg (7.04%), Vitamin E: 0.94mg (6.27%), Fiber: 0.77g (3.07%), Vitamin K: 2.73µg (2.6%), Vitamin A: 82.33IU (1.65%), Folate: 4.95µg (1.24%)