



Smoked Pork Butt

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1080 min.

SERVINGS



16

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons brown sugar packed
- 2 tablespoons chili powder
- 7 pounds pork butt fresh

Equipment

- bowl
- frying pan

Directions

- If desired, soak the pork butt in a brine solution for at least 4 hours or overnight. There's a recipe for a brine on this site titled 'Basic Brine for Smoking Meat'. You should do this covered and in the refrigerator.
- Preheat an outdoor smoker for 200 to 225 degrees F (95 to 110 degrees C).
- In a small bowl, combine the brown sugar, chili powder and any additional seasonings to your taste. Apply this liberally to the meat and rub it in with your fingers.
- Place a roasting rack in a drip pan and lay the meat on the rack.
- Smoke at 200 to 225 degrees F (95 to 110 degrees C) for 6 to 18 hours, or until internal pork temperature reaches 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.9117392338%

Nutrients (% of daily need)

Calories: 276.17kcal (13.81%), Fat: 11.47g (17.65%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.09g (1.12%), Sugar: 2.98g (3.31%), Cholesterol: 119.07mg (39.69%), Sodium: 146.23mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.31g (74.61%), Selenium: 56.2µg (80.29%), Vitamin B1: 1.11mg (73.99%), Vitamin B6: 1.06mg (52.8%), Vitamin B2: 0.77mg (45.38%), Zinc: 6.71mg (44.74%), Vitamin B3: 8.83mg (44.13%), Phosphorus: 403.98mg (40.4%), Vitamin B5: 3.12mg (31.22%), Vitamin B12: 1.81µg (30.1%), Potassium: 696.22mg (19.89%), Iron: 2.58mg (14.31%), Magnesium: 45.42mg (11.35%), Copper: 0.21mg (10.69%), Vitamin D: 1.19µg (7.94%), Vitamin A: 296.5IU (5.93%), Vitamin E: 0.86mg (5.72%), Calcium: 33.57mg (3.36%), Manganese: 0.04mg (2.24%), Fiber: 0.35g (1.39%), Vitamin K: 1.06µg (1.01%)