



## Smoked Pork Butt

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

READY IN



765 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

## Ingredients

- 0.3 cup pepper black
- 0.3 teaspoon cayenne pepper
- 1 tablespoon celery salt
- 1 chicken bouillon cube (dissolved in 2 tablespoons water)
- 1 tablespoon chili powder
- 2 cups cider vinegar
- 1 cup corn oil
- 1 tablespoon garlic powder

- 1 teaspoon ground cumin
- 1 teaspoon ground sage
- 1 tablespoon honey
- 1 tablespoon onion powder
- 0.1 cup paprika
- 0.3 cup paprika
- 1 can pineapple concentrate
- 1 pork butt (approximately 5 pounds)
- 0.3 cup salt (non-iodized)
- 0.5 cup salt (non-iodized)
- 1 tablespoon hickory salt
- 0.8 cup sugar
- 0.1 cup pepper white
- 8 servings apple and hickory wood chips for at least 30 minutes, for smoking
- 0.1 cup worcestershire sauce
- 2 tablespoons mustard yellow
- 8 servings charcoal for smoker
- 1 tablespoon msg
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- 1 tablespoon msg

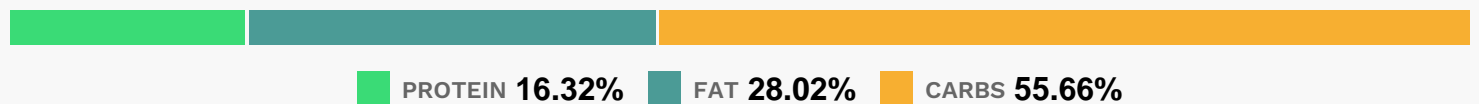
## Equipment

- bowl
- paper towels
- oven
- whisk
- aluminum foil
- ziploc bags

## Directions

- Place all ingredients in a non-reactive bowl and whisk together.
- Place all ingredients in a container with a lid and shake well.
- Whisk ingredients together and place in a squeeze bottle.
- Pork: Reserve 1 cup of marinade and set aside. (The reserved marinade will be used to base the pork during the cooking process.) Inject a little marinade into the pork butt in numerous places.
- Place pork in a resealable plastic bag and cover with remaining marinade. Marinate in the refrigerator for 6 to 8 hours.
- Remove the pork from the marinade and pat dry with paper towels.
- Cover pork with a light coat of the "glue" mixture to help the rub stick.
- Sprinkle generously with rub, making sure to work it into the meat.
- Prepare a smoker to 225 to 250 degrees F and add the apple and hickory wood chips to the lit charcoal.
- Place pork on smoker. Be careful not to over-smoke. After 2 hours, baste pork with reserved marinade and return it to the smoker for 1 hour. Baste again and return to smoker for 1 more hour. Repeat 1 more time, with the basting and smoking for 1 more hour.
- Remove pork from smoker, wrap in aluminum foil and return to smoker until the pork has an internal temperature of 200 degrees F. (Alternatively, you can finish cooking the pork in a low oven preheated to 250 degrees F). When the pork has reached 200 degrees F, remove it from the heat and let stand for approximately 15 to 20 minutes before slicing or pulling.

## Nutrition Facts



## Properties

Glycemic Index:37.3, Glycemic Load:15.86, Inflammation Score:-9, Nutrition Score:21.470869541168%

## Nutrients (% of daily need)

Calories: 324.59kcal (16.23%), Fat: 10.44g (16.06%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 40g (14.54%), Sugar: 32.52g (36.13%), Cholesterol: 33.81mg (11.27%), Sodium: 12634.78mg

(549.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.37%), Manganese: 1.71mg (85.63%), Vitamin A: 2915.27IU (58.31%), Vitamin B1: 0.44mg (29.15%), Selenium: 19.28µg (27.54%), Vitamin B6: 0.54mg (26.82%), Fiber: 6.68g (26.73%), Iron: 4.27mg (23.73%), Vitamin K: 24.53µg (23.37%), Vitamin B2: 0.34mg (20.24%), Vitamin E: 2.99mg (19.95%), Potassium: 662.21mg (18.92%), Copper: 0.38mg (18.91%), Phosphorus: 179.7mg (17.97%), Vitamin B3: 3.52mg (17.58%), Zinc: 2.55mg (17.01%), Magnesium: 62.04mg (15.51%), Vitamin B5: 1.19mg (11.85%), Calcium: 113.15mg (11.32%), Vitamin C: 8.19mg (9.92%), Vitamin B12: 0.51µg (8.56%), Folate: 10.22µg (2.56%), Vitamin D: 0.34µg (2.25%)