



## Smoked Pork Shoulder

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**370 min.**

SERVINGS



**1**

CALORIES



**2712 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup firmly brown sugar packed
- 1 teaspoon browning and seasoning sauce
- 1 quart cider vinegar
- 1.5 cups cider vinegar
- 1 tablespoon hot sauce
- 0.3 cup catsup
- 0.5 teaspoon onion powder
- 0.5 teaspoon pepper

- 1.5 teaspoons pepper
- 5 pound boston butt pork roast
- 1 tablespoon pepper dried red crushed
- 0.5 teaspoon salt
- 1 tablespoon salt
- 2 teaspoons salt
- 1 serving hickory wood chunks
- 0.5 teaspoon worcestershire sauce
- 10 pounds hardwood charcoal divided
- 10 pounds hardwood charcoal divided

## Equipment

- sauce pan
- grill
- kitchen thermometer

## Directions

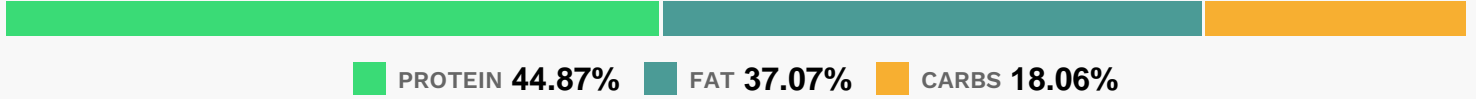
- Special equipment: Hickory wood chunks 10 pounds hardwood charcoal, divided
- Sprinkle pork with salt. Cover and chill for 30 minutes.
- Prepare charcoal fire with half of charcoal in grill.
- Let burn 15 to 20 minutes or until covered with gray ash. Push coals evenly into piles on both sides off grill. Carefully place 2 hickory chunks on top of each pile, and place food rack on grill.
- Place pork, meaty side down, on rack directly in center of grill. Cover with lid, leaving ventilation holes completely open.
- Prepare an additional charcoal fire with 12 briquettes in an auxiliary grill or fire bucket. let burn for 30 minutes or until covered with gray ash. Carefully add 6 briquettes to each pile in smoker.
- Place 2 more hickory chunks on each pile. repeat procedure every 30 minutes. You will continue to cook the pork, covered for 5 hours and 30 minutes, or until meat thermometer inserted into the thickest portion registers at least 165 degrees F. Turn the pork once during

the last 2 hours.

Remove pork from the grill. Cool slightly. Chop and serve with Cider Vinegar Barbecue Sauce or Peppery Vinegar Sauce.

Stir together all ingredients in a medium saucepan. Cover over medium heat, stirring constantly for 7 minutes or until sugar dissolves. Cover and chill sauce until ready to serve.

## Nutrition Facts



### Properties

Glycemic Index:144, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:69.087826272716%

### Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

### Nutrients (% of daily need)

Calories: 2711.89kcal (135.59%), Fat: 100.21g (154.16%), Saturated Fat: 34.44g (215.26%), Carbohydrates: 109.82g (36.61%), Net Carbohydrates: 105.66g (38.42%), Sugar: 91.26g (101.4%), Cholesterol: 926.92mg (308.97%), Sodium: 14996.86mg (652.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 272.91g (545.82%), Vitamin B1: 12.27mg (818.14%), Selenium: 412.74µg (589.63%), Vitamin B3: 61.12mg (305.6%), Vitamin B6: 6.07mg (303.65%), Zinc: 44.58mg (297.18%), Phosphorus: 2955.37mg (295.54%), Vitamin B2: 4.54mg (267.26%), Manganese: 4.22mg (211.1%), Vitamin B12: 11.62µg (193.68%), Potassium: 6200.63mg (177.16%), Iron: 22.36mg (124.25%), Vitamin B5: 11.65mg (116.46%), Magnesium: 391.84mg (97.96%), Copper: 1.69mg (84.62%), Vitamin A: 2808.12IU (56.16%), Calcium: 416.32mg (41.63%), Vitamin C: 23.96mg (29.04%), Vitamin E: 3.99mg (26.6%), Folate: 79.89µg (19.97%), Fiber: 4.17g (16.67%), Vitamin K: 17.19µg (16.37%)