



Spanish Spice Rubbed Pork Butt with Sherry Vinegar-Honey Glaze



Gluten Free



Dairy Free

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READY IN

ready

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1025 min.

SERVINGS

servings

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8

CALORIES

calories

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575 kcal

SEASONING

MARINADE

Ingredients

- ☐ 8 servings canola oil for drizzling
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon fennel powder
- ☐ 2 teaspoons coarsely ground pepper black plus more for seasoning
- ☐ 1 cup r honey
- ☐ 2 tablespoons kosher salt plus more for seasoning
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 1 tablespoon ground mustard seeds
- ☐ 0.3 cup paprika smoked spanish
- ☐ 4 pound pork butt
- ☐ 0.5 cup sherry vinegar

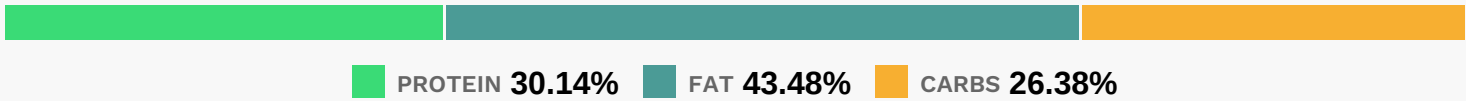
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Special equipment: La Caja China grill
- ☐ Combine the paprika, salt, coriander, fennel, mustard seeds and pepper in a bowl. Rub the entire pork with the spice mixture. Cover the pork and refrigerate overnight.
- ☐ Whisk the honey, vinegar, salt and pepper in a bowl.
- ☐ Prepare the Caja China according to manufacturer's directions.
- ☐ Drizzle the pork with oil and sprinkle with salt and pepper.
- ☐ Place the pork in the Caja China and roast until the pork reaches an internal temperature of 175 degrees F, about 3 1/2 hours. At 175 degrees F, begin basting the pork with the Sherry Vinegar-Honey Glaze about every 15 minutes. Removing the top of the Caja China will slow the cooking process considerably.
- ☐ Cook the pork until it reaches an internal temperature of 190 degrees F, about 1 hour.
- ☐ Remove the pork from the Caja China and tent loosely with aluminum foil.
- ☐ Let the pork rest for 20 minutes before slicing or pulling.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:18.38, Inflammation Score:-8, Nutrition Score:34.933478368365%

Nutrients (% of daily need)

Calories: 574.71kcal (28.74%), Fat: 27.94g (42.99%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 36.06g (13.11%), Sugar: 35.2g (39.11%), Cholesterol: 136.08mg (45.36%), Sodium: 1897.82mg (82.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.58g (87.15%), Manganese: 3.13mg (156.29%), Selenium: 66.53µg (95.04%), Vitamin B1: 1.29mg (85.72%), Vitamin B6: 1.27mg (63.46%), Vitamin B2: 0.93mg (54.92%), Zinc: 7.99mg (53.24%), Vitamin B3: 10.45mg (52.24%), Phosphorus: 486.02mg (48.6%), Vitamin B5: 3.68mg (36.83%), Vitamin B12: 2.06µg (34.4%), Vitamin A: 1666.89IU (33.34%), Vitamin E: 4.03mg (26.85%), Potassium: 909.06mg (25.97%), Iron: 4.07mg (22.64%), Magnesium: 66.61mg (16.65%), Copper: 0.3mg (15.04%), Vitamin K: 13.72µg (13.07%), Vitamin D: 1.36µg (9.07%), Fiber: 2.08g (8.33%), Calcium: 62.39mg (6.24%), Folate: 4.02µg (1.01%)