



Tabb's Barbecue Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings apple juice
- ☐ 6 pound pork shoulder roast bone-in Boston butt
- ☐ 1 cup barbecue rub
- ☐ 8 servings hickory wood chunks

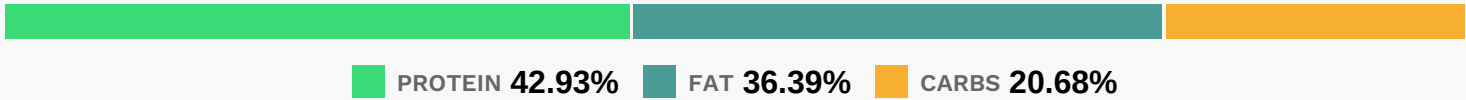
Equipment

- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Trim fat on pork shoulder roast to about 1/8 inch thick.
- ☐ Sprinkle pork evenly with Barbecue Rub; rub thoroughly into meat. Wrap pork tightly with plastic wrap, and chill 8 hours.
- ☐ Discard plastic wrap.
- ☐ Let pork stand at room temperature 1 hour.
- ☐ Soak hickory chunks in water 1 hour.
- ☐ Prepare smoker according to manufacturer's instructions, bringing internal temperature to 225 to 250; maintain temperature for 15 to 20 minutes.
- ☐ Drain wood chunks, and place on coals.
- ☐ Place pork on lower cooking grate, fat side up.
- ☐ Spritz pork with apple juice each time charcoal or wood chunks are added to the smoker.
- ☐ Smoke pork roast, maintaining the temperature inside smoker between 225 and 250, for 6 hours or until a meat thermometer inserted horizontally into thickest portion of pork registers 17
- ☐ Remove pork from smoker, and place on a sheet of heavy-duty aluminum foil; spritz with apple juice. Wrap tightly, and return to smoker, and smoke 2 hours or until thermometer inserted horizontally into the thickest portion of pork registers 19
- ☐ Remove pork from smoker, and let stand 15 minutes.
- ☐ Remove bone, and chop pork.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:5.65, Inflammation Score:-5, Nutrition Score:29.930869916211%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin:

0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 392.83kcal (19.64%), Fat: 15.68g (24.12%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 18.81g (6.84%), Sugar: 12.29g (13.66%), Cholesterol: 139.04mg (46.35%), Sodium: 165.08mg (7.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.6g (83.21%), Vitamin B1: 1.88mg (125.59%), Selenium: 61.97µg (88.53%), Vitamin K: 70.47µg (67.12%), Vitamin B6: 1mg (49.96%), Vitamin B3: 9.23mg (46.15%), Zinc: 6.82mg (45.47%), Phosphorus: 444mg (44.4%), Vitamin B2: 0.69mg (40.68%), Manganese: 0.72mg (35.97%), Iron: 5.78mg (32.08%), Vitamin B12: 1.74µg (29.05%), Potassium: 893.74mg (25.54%), Vitamin B5: 1.77mg (17.67%), Magnesium: 69.84mg (17.46%), Copper: 0.29mg (14.6%), Calcium: 127.5mg (12.75%), Folate: 22.45µg (5.61%), Fiber: 1.24g (4.95%), Vitamin A: 244IU (4.88%), Vitamin C: 3.87mg (4.69%)