



The Lady and Son's Smoked Boston Butt Roast



Gluten Free



Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings barbeque sauce for serving
- ☐ 3 bay leaves
- ☐ 0.3 cup pepper black
- ☐ 0.3 cup garlic powder
- ☐ 4 tablespoons liquid smoke
- ☐ 1 medium onion sliced
- ☐ 5 pound pork butt roast

- ☐ 1 cup salt
- ☐ 2 tablespoons lawry's seasoned salt
- ☐ 1 cup water

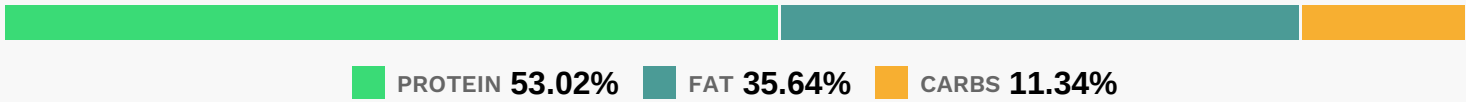
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Sprinkle 1 side of the roast with 2 tablespoons of the House Seasoning, making sure to rub well. Flip the roast over and rub the remaining 2 tablespoons of House Seasoning. Repeat the process with the seasoned salt and liquid smoke.
- ☐ Place the roast in a large roasting pan.
- ☐ Add the onion, water and bay leaves to the roast.
- ☐ Place in the oven and cook for 2 1/2 to 3 hours, or until thermometer reads 170 degrees F.
- ☐ Let meat cool for a few minutes and then slice.
- ☐ Serve with your favorite barbeque sauce.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.43, Inflammation Score:-4, Nutrition Score:36.502173701058%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 424.58kcal (21.23%), Fat: 16.51g (25.39%), Saturated Fat: 5.79g (36.2%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 9.04g (3.29%), Sugar: 1.14g (1.27%), Cholesterol: 170.1mg (56.7%), Sodium: 16109.95mg (700.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.25g (110.51%), Selenium: 82.2µg (117.43%), Vitamin B1: 1.63mg (108.57%), Vitamin B6: 1.64mg (81.94%), Zinc: 9.9mg (66.03%), Vitamin B2: 1.12mg (65.69%), Vitamin B3: 12.6mg (63.01%), Phosphorus: 619.18mg (61.92%), Manganese: 1.12mg (55.76%), Vitamin B5: 4.62mg (46.19%), Vitamin B12: 2.58µg (43%), Potassium: 1173.38mg (33.53%), Iron: 4.72mg (26.25%), Copper: 0.45mg (22.51%), Magnesium: 82.96mg (20.74%), Vitamin K: 12.21µg (11.62%), Vitamin D: 1.7µg (11.34%), Fiber: 2.79g (11.15%), Calcium: 92.82mg (9.28%), Vitamin E: 0.82mg (5.45%), Folate: 7.43µg (1.86%), Vitamin C: 1.13mg (1.37%)