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BBQ Pork

BBQ Pork is a popular dish that originated in the United States. It is made by marinating pork in a flavorful BBQ sauce and then grilling or smoking it to perfection. The dish is often enjoyed at backyard barbecues and is a favorite among meat lovers.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 120 mins

Total Time: 150 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 g	Pork Shoulder
2 c	bbq sauce
2 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

1 tsp Onion powder

Directions

Step 1

Cut

Trim excess fat from the pork shoulder and season it with salt, black pepper, garlic powder, and onion powder.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Marinating

Place the seasoned pork shoulder in a large resealable bag and pour the BBQ sauce over it. Seal the bag and refrigerate for at least 4 hours or overnight to marinate.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the pork shoulder from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the pork shoulder for about 2 hours, turning occasionally, until it reaches an internal temperature of 145°F (63°C) for medium-rare or 160°F (71°C) for medium.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Resting

Remove the pork shoulder from the grill and let it rest for 10 minutes before slicing.

Serve hot with additional BBQ sauce on the side.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic Barbecue

Kitchen Tools

Slow Cooker Blender

Meal Type

Breakfast Lunch Dinner Snack

Diet

Anti-Inflammatory Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Course

Side Dishes Desserts Drinks Salads Snacks Sauces & Dressings

Cultural

Diwali Christmas

Cost

Under \$10

Demographics

Senior Friendly

Heart Healthy

Difficulty Level

Easy

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