



WHATSheATE



Barbecue: Coffee-Rubbed Ribs



Gluten Free



Dairy Free



Popular

READY IN



1200 min.

SERVINGS



4

CALORIES



1298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon ancho chili powder



0.5 teaspoon coconut sugar



2 tablespoons ground coffee freshly ground



0.5 teaspoon cilantro leaves



1 tablespoon t brown sugar dark



4 servings canned tomatoes



1 teaspoon garlic powder



4 servings mayonnaise

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoon kosher salt
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon oregano
- ☐ 2 tablespoons paprika
- ☐ 2 racks spare ribs

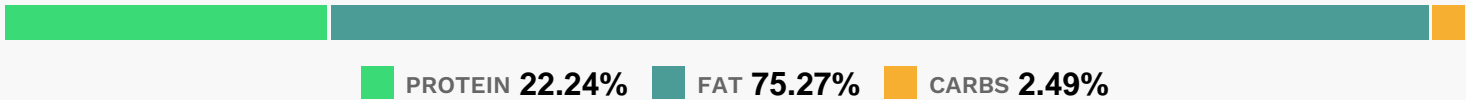
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Mix together the coffee, salt, paprika, chile powder, dark brown sugar, oregano, garlic powder, onion powder, black pepper, coco powder, and coriander in a small bowl to make the rub.
- ☐ Remove the membrane from the back of the rack, and trim the ribs. Rub each rack liberally with the rub. Wrap ribs in foil or place in a large container and store in the refrigerator over night (optional).
- ☐ Remove the ribs from the fridge while preparing the smoker. Fire up the smoker to 225°F, adding a few chunks of smoking wood chunks when at temperature. When the wood is producing smoke, place the ribs in the smoker, meat side up, and smoke until the ribs have a slight bend when lifted from one end, about 5–6 hours. If using sauce, brush on the sauce and continue to cook until sauce has caramelized, about 15–20 minutes longer.
- ☐ Remove from the smoker, slice, and serve.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:41.954347667487%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1298.27kcal (64.91%), Fat: 107.48g (165.35%), Saturated Fat: 34.43g (215.21%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.88g (4.31%), Cholesterol: 364.16mg (121.39%), Sodium: 3904.63mg (169.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.01mg (1.67%), Protein: 71.44g (142.88%), Selenium: 101.1µg (144.42%), Vitamin B6: 2.75mg (137.62%), Vitamin B3: 21.84mg (109.18%), Vitamin B1: 1.48mg (98.34%), Zinc: 11.69mg (77.9%), Vitamin B2: 1.21mg (71.11%), Vitamin D: 10.47µg (69.77%), Phosphorus: 665.06mg (66.51%), Vitamin A: 2333.67IU (46.67%), Potassium: 1251.8mg (35.77%), Iron: 5.58mg (30.99%), Vitamin B5: 2.97mg (29.75%), Vitamin B12: 1.73µg (28.82%), Vitamin E: 3.59mg (23.93%), Copper: 0.43mg (21.5%), Magnesium: 85.74mg (21.44%), Manganese: 0.25mg (12.44%), Calcium: 100.6mg (10.06%), Fiber: 2.41g (9.63%), Vitamin K: 9.45µg (9%), Folate: 4.3µg (1.07%)