



Barbecue: Kansas City-Style Ribs

 Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



4

CALORIES



1399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings barbecue sauce city-style
- ☐ 2 tablespoons celery salt
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 4 servings canned tomatoes
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon granulated onion
- ☐ 4 servings mayonnaise

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon pepper white
- ☐ 2 tablespoon kosher salt
- ☐ 0.3 cup paprika
- ☐ 2 racks spare ribs
- ☐ 2 tablespoon granulated sugar white
- ☐ 4 medium hickory wood chunks such as oak or hickory

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Mix together the brown sugar, paprika, white sugar, celery salt, kosher salt, granulated onion, granulated garlic, chili powder, white pepper, and black pepper in a small bowl to make the rub.
- ☐ Remove the membrane from the back of the rack, and trim the ribs of excess fat. 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 or grill. Fire up smoker or grill to 225°F, adding chunks of smoking wood chunks when at temperature. When the wood is ignited and producing smoke, place the ribs in the smoker or grill, meat side up, and smoke until the ribs have a slight bend when lifted from one end, about 4–5 hours for baby backs or 5–6 hours for spare ribs.
- ☐ In the last 1/2 hour of cooking, baste the top of each rack with barbecue sauce and continue smoking.
- ☐ Remove from the smoker, slice, and serve.

Nutrition Facts



 **PROTEIN 20.78%**  **FAT 69.79%**  **CARBS 9.43%**

Properties

Glycemic Index:30.52, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:45.128261180028%

Nutrients (% of daily need)

Calories: 1398.78kcal (69.94%), Fat: 107.97g (166.11%), Saturated Fat: 34.5g (215.65%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.06g (10.57%), Sugar: 25.17g (27.97%), Cholesterol: 364.16mg (121.39%), Sodium: 7410.29mg (322.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.34g (144.68%), Selenium: 102.01µg (145.74%), Vitamin B6: 2.85mg (142.7%), Vitamin B3: 22.19mg (110.93%), Vitamin B1: 1.5mg (99.76%), Zinc: 11.93mg (79.51%), Vitamin A: 3927.32IU (78.55%), Vitamin B2: 1.25mg (73.72%), Vitamin D: 10.47µg (69.77%), Phosphorus: 686.51mg (68.65%), Potassium: 1370.68mg (39.16%), Iron: 6.43mg (35.7%), Vitamin B5: 3.09mg (30.92%), Vitamin E: 4.46mg (29.76%), Vitamin B12: 1.73µg (28.82%), Copper: 0.48mg (24.08%), Magnesium: 95.01mg (23.75%), Manganese: 0.35mg (17.39%), Fiber: 3.77g (15.09%), Calcium: 123.73mg (12.37%), Vitamin K: 8.99µg (8.56%), Folate: 6.31µg (1.58%)