



Barbecue Pork Ribs

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



7

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound baby back ribs trimmed
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon celery seed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon t brown sugar dark
- ☐ 8 garlic clove minced
- ☐ 1.5 tablespoons ground cumin
- ☐ 1.3 teaspoons ground pepper red

- ☐ 1.5 tablespoons paprika sweet
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 teaspoons paprika smoked spanish
- ☐ 1 cup fries
- ☐ 2 cups water

Equipment

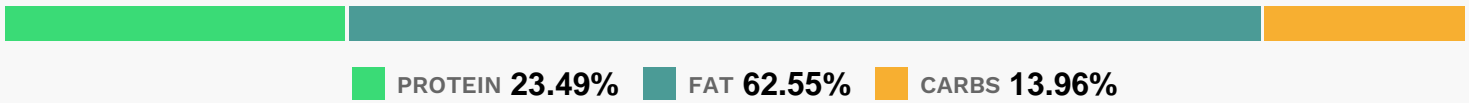
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak wood chips in water 1 hour.
- ☐ Drain well.
- ☐ Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on).
- ☐ Place wood chips on heat element on right side.
- ☐ Place a disposable aluminum foil pan on heat element on left (unheated) side.
- ☐ Pour 2 cups water in pan.
- ☐ Combine sweet paprika and next 5 ingredients (through celery seeds) in a small bowl. Stir in oil, vinegar, and garlic to form a paste. Rinse and pat ribs dry. If desired, remove thin membrane from back of ribs by slicing into it with a knife and then pulling it off. (This will make ribs more tender.)
- ☐ Sprinkle both sides of ribs with salt; rub with spice paste. Coat grill rack with cooking spray; place on grill.

- ☐
- Place ribs, meaty sides down, on grill rack over direct heat; cover and grill 10 minutes. Turn ribs over, and move them over indirect heat, covering left burner. Cover and grill 20 minutes.
- ☐
- Preheat oven to 25
- ☐
- Remove ribs from grill; wrap with heavy-duty foil.
- ☐
- Place foil-wrapped ribs on a baking sheet; bake at 250 for 2 hours or until meat begins to pull away from the bone.
- ☐
- Let ribs stand 10 minutes before slicing.
- ☐
- Serve with drippings.

Nutrition Facts



Properties

Glycemic Index:28.76, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:17.578695514928%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 422.05kcal (21.1%), Fat: 29.7g (45.7%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 12.4g (4.51%), Sugar: 1.98g (2.2%), Cholesterol: 84.5mg (28.17%), Sodium: 778.94mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.2%), Selenium: 38.52µg (55.02%), Vitamin B3: 9.37mg (46.85%), Vitamin B1: 0.61mg (40.51%), Vitamin B6: 0.68mg (33.89%), Vitamin B2: 0.42mg (24.67%), Phosphorus: 234.58mg (23.46%), Zinc: 3.44mg (22.91%), Vitamin A: 1142.16IU (22.84%), Iron: 2.81mg (15.63%), Potassium: 543.25mg (15.52%), Vitamin B5: 1.26mg (12.55%), Manganese: 0.25mg (12.42%), Vitamin B12: 0.69µg (11.43%), Vitamin E: 1.71mg (11.39%), Fiber: 2.52g (10.06%), Magnesium: 36.9mg (9.23%), Vitamin D: 1.35µg (8.98%), Copper: 0.17mg (8.65%), Calcium: 70.71mg (7.07%), Vitamin K: 4.82µg (4.59%), Vitamin C: 3.61mg (4.38%), Folate: 9.02µg (2.26%)