



BBQ Ribs

 Vegetarian  Gluten Free

READY IN



330 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider vinegar
- 1 cup brown sugar
- 0.3 cup cayenne pepper
- 2 tablespoons cayenne pepper
- 1 cup dijon mustard
- 4 full racks st. louis
- 2 tablespoons ground cumin
- 0.3 cup ground mustard

- 0.3 cup ground pepper black
- 0.3 cup ground pepper white
- 1 tablespoon ground pepper black
- 2 cups catsup
- 0.5 cup kosher salt
- 2 tablespoons kosher salt
- 0.3 cup paprika
- 0.3 cup seafood seasoning

Equipment

- bowl
- pot
- plastic wrap

Directions

- Mix the ketchup, vinegar, Dijon mustard, brown sugar, cayenne pepper, salt and black pepper in a bowl. Then transfer to a thick-bottomed saucepot over medium-low heat. Allow the sauce to warm, and mix over the heat for 10 to 15 minutes, stirring throughout the time. Then remove and cool until usage.
- For the spice rub: In a bowl, mix the salt, ground mustard, paprika, black pepper, cayenne pepper, white pepper, seafood seasoning and cumin together with a spoon. After mixing, keep dry and covered.
- To prep the ribs, remove the silver skin from the bottom side of the ribs. Then evenly rub each rack with 1/4 cup of the spice rub on top and bottom. Wrap each rack in plastic wrap and keep overnight in the refrigerator or cooler.
- To smoke the ribs, heat a smoker with pecan or other fruit wood, bringing the smoker or pit to 165 degrees F and maintaining temperature. Once the temperature is obtained, remove the plastic and place the ribs in the smoker for 4 hours, keeping for doneness at this point. The ribs should be cooked, but not falling off the bone.
- To glaze the ribs, remove them from the pit and glaze each rack with 1/2 cup of the BBQ sauce. Then return to the pit for 30 to 40 minutes. Again, remove and glaze with additional 1/2 cup sauce and finish for a final 20 minutes in the pit. After the second glaze and final cooking,

remove the ribs from the pit. Allow to rest for 5 minutes, and then cut into single or double bone sections and serve.

Nutrition Facts

PROTEIN 7.74% **FAT 14.51%** **CARBS 77.75%**

Properties

Glycemic Index:64.5, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:40.898695496437%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 605.5kcal (30.27%), Fat: 10.7g (16.47%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 129.04g (43.01%), Net Carbohydrates: 110.19g (40.07%), Sugar: 83.64g (92.94%), Cholesterol: 0.12mg (0.04%), Sodium: 19450.61mg (845.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.69%), Vitamin A: 11423.84IU (228.48%), Manganese: 4.35mg (217.42%), Vitamin K: 86.32µg (82.21%), Fiber: 18.84g (75.37%), Iron: 12.37mg (68.7%), Vitamin E: 9.81mg (65.43%), Selenium: 42.66µg (60.94%), Vitamin B6: 0.98mg (49.2%), Magnesium: 182.65mg (45.66%), Potassium: 1463.81mg (41.82%), Copper: 0.74mg (36.96%), Calcium: 357.85mg (35.78%), Vitamin B2: 0.57mg (33.25%), Phosphorus: 315.17mg (31.52%), Vitamin C: 22.04mg (26.72%), Vitamin B3: 5.16mg (25.78%), Vitamin B1: 0.32mg (21.58%), Zinc: 2.51mg (16.74%), Folate: 60.2µg (15.05%), Vitamin B5: 0.78mg (7.8%)