



Big "D" Smoked Baby Back Ribs

 Dairy Free

READY IN



390 min.

SERVINGS



6

CALORIES



1079 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds baby back pork ribs
- ☐ 2 cups paul's barbecue sauce
- ☐ 72 ounce beer dark
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons paul's pork ribs rub
- ☐ 6 servings hickory wood chunks

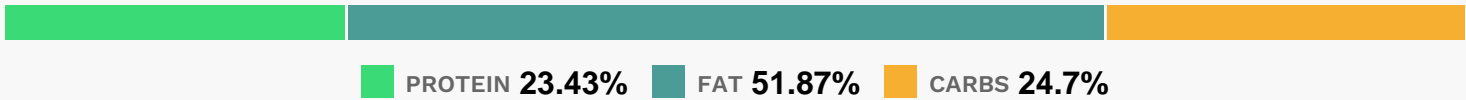
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Rinse and pat ribs dry.
- ☐ Remove thin membrane from back of ribs by slicing into it with a knife and then pulling. (This makes for more tender ribs and allows smoke and rub to penetrate meat better.)
- ☐ Place lemon juice in a small bowl; add oil in a slow, steady stream, whisking constantly. Coat ribs evenly with lemon juice mixture.
- ☐ Sprinkle meat evenly with Paul's Pork Ribs Rub, and rub into meat.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Soak wood chunks in water for at least 30 minutes.
- ☐ Prepare smoker according to manufacturer's directions, substituting beer for water in water pan. Bring internal temperature to 225 to 250, and maintain temperature for 15 to 20 minutes.
- ☐ Drain wood chunks, and place on coals.
- ☐ Place rib slabs in a rib rack on upper cooking grate; cover with smoker lid.
- ☐ Smoke ribs, maintaining the temperature inside smoker between 225 and 250, for 4 hours and 30 minutes.
- ☐ Remove lid, baste with half of Paul's Barbecue Sauce, and, if necessary, add more beer to water pan. Cover with smoker lid, and smoke 30 more minutes.
- ☐ Cut meat into 3-rib sections, slicing between bones, and serve with remaining half of Paul's Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:4.89, Inflammation Score:-9, Nutrition Score:43.304347805355%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 1078.9kcal (53.94%), Fat: 57.44g (88.37%), Saturated Fat: 18.3g (114.38%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 58.99g (21.45%), Sugar: 32.36g (35.96%), Cholesterol: 197.18mg (65.73%), Sodium: 1248.43mg (54.28%), Alcohol: 13.27g (100%), Alcohol %: 2.22% (100%), Protein: 58.37g (116.73%), Selenium: 92.08µg (131.55%), Vitamin K: 126.23µg (120.22%), Vitamin B3: 22.13mg (110.67%), Vitamin B1: 1.39mg (92.42%), Vitamin B6: 1.63mg (81.69%), Vitamin B2: 1.04mg (61.28%), Manganese: 1.19mg (59.37%), Phosphorus: 533.97mg (53.4%), Zinc: 7.93mg (52.86%), Iron: 8.13mg (45.18%), Potassium: 1130.56mg (32.3%), Calcium: 282.93mg (28.29%), Magnesium: 112.67mg (28.17%), Vitamin B12: 1.67µg (27.81%), Vitamin B5: 2.65mg (26.47%), Copper: 0.47mg (23.7%), Vitamin D: 3.14µg (20.96%), Vitamin E: 2.95mg (19.7%), Vitamin A: 666.21IU (13.32%), Folate: 44.76µg (11.19%), Fiber: 2.56g (10.24%), Vitamin C: 6.31mg (7.65%)