

## Carolina Style Ribs

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 0.5 cup brown sugar
- 0.3 teaspoon cayenne pepper
- 2 teaspoons garlic dried minced
- 1 teaspoon ground pepper black
- 0.3 cup juice of lemon fresh
- 0.3 cup blackstrap molasses
- 2 cups mustard prepared

- 2 racks pork spareribs
- 1 teaspoon pepper flakes red crushed
- 2 teaspoons salt
- 0.5 cup barbeque seasoning to taste
- 0.5 teaspoon pepper white
- 0.3 cup vinegar white
- 1 tablespoon worcestershire sauce

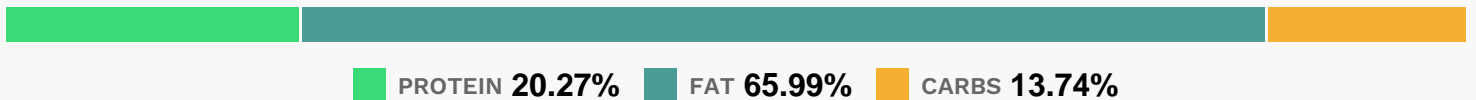
## Equipment

- bowl
- whisk
- grill

## Directions

- In a medium bowl, whisk together the brown sugar, lemon juice, white vinegar, cider vinegar, Worcestershire sauce, molasses and mustard. Season with granulated garlic, salt, pepper, red pepper flakes, white pepper and cayenne pepper, and mix well. Set aside.
- Preheat an outdoor grill or smoker to 225 to 250 degrees F (110 to 120 degrees C).
- Rub ribs liberally with barbeque seasoning, then place them in the smoker or grill, and cover. Cook for 4 hours, or until very tender. The meat will easily separate from the bone. Baste ribs with mustard sauce liberally during the final 30 minutes.
- Heat remaining sauce to a boil, and serve on the side.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:38.124347583107%

## Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 857.17kcal (42.86%), Fat: 63.11g (97.09%), Saturated Fat: 19.9g (124.38%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 22.18g (8.06%), Sugar: 18.59g (20.66%), Cholesterol: 208mg (69.33%), Sodium: 1258.96mg (54.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.61g (87.22%), Selenium: 76.55µg (109.36%), Vitamin B6: 1.73mg (86.55%), Vitamin K: 74.89µg (71.32%), Vitamin B3: 13.09mg (65.47%), Vitamin B1: 0.95mg (63.64%), Manganese: 1.02mg (51.03%), Zinc: 7.21mg (48.05%), Iron: 8.21mg (45.6%), Phosphorus: 447.07mg (44.71%), Vitamin B2: 0.76mg (44.42%), Vitamin D: 5.98µg (39.87%), Magnesium: 121.17mg (30.29%), Fiber: 7.41g (29.63%), Potassium: 1031.94mg (29.48%), Calcium: 291.45mg (29.14%), Vitamin E: 3.41mg (22.71%), Vitamin B5: 1.99mg (19.85%), Copper: 0.38mg (19.04%), Vitamin B12: 0.99µg (16.47%), Folate: 33.83µg (8.46%), Vitamin A: 319.61IU (6.39%), Vitamin C: 3.91mg (4.74%)