

Competition-style Barbecue Ribs

 **Gluten Free**  **Dairy Free**

READY IN



360 min.

SERVINGS



4

CALORIES



1706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup agave nectar
- 2 cups apple juice divided
- 1 cup barbecue sauce your favorite
- 0.5 cup t brown sugar dark
- 4 servings canned tomatoes
- 4 servings mayonnaise
- 2 racks pork ribs
- 1 cup big daddy's taco rub your favorite

- 2 hickory wood chunks light such as cherry or apple
- 0.5 cup mustard yellow

Equipment

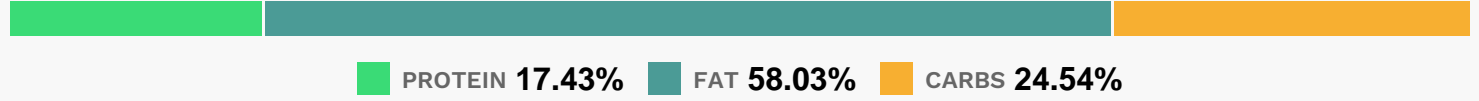
- grill
- aluminum foil

Directions

- Remove the membrane from the back of each rack, and trim the ribs of excess fat.
- Brush meat side of each rack with yellow mustard, then rub liberally with barbecue rub on both sides.
- Fire up smoker or grill to 225°F, adding chunks of smoking wood when at temperature. When the wood is ignited and producing smoke, place the ribs in the smoker or grill, meat side up. Smoke until ribs darken to a deep mahogany, about 3 hours, misting with apple juice in a squirt bottle every hour.
- Wrap each rack, meat side up, in extra-large heavy duty aluminum foil, leaving an opening on one end of foil.
- Pour 1/2 cup of apple juice in each foil pack through opening, seal, and place back on smoker or grill for 1 hour.
- Remove ribs from foil and place ribs back in smoker and continue to cook until ribs have a slight bend when lifted from one end, 1 to 2 hours more, squirting with apple juice every hour.
- Remove ribs from smoker or grill, wrap in foil, and place in an empty cooler to keep warm while preparing the grill.
- Light one chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and spread the coals evenly over entire surface of coal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.
- Remove racks from foil and brush with barbecue sauce.
- Place ribs face down over hot fire and cook until sauce caramelizes, 2 to 5 minutes.
- Remove racks from grill.
- For extra sweet and shiny ribs: Tear off two more large sheets of aluminum foil longer than each rack. In a rectangle the approximate size of each rack of ribs, spread 1/4 cup of agave syrup and sprinkle ¼ cup brown sugar on top of agave on each piece of foil.

- Place ribs, meat side down, on top of agave and sugar, and wrap foil closed around ribs.
- Place ribs back on smoker for 15 minutes.
- Remove ribs from smoker and foil, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:8.85, Inflammation Score:-7, Nutrition Score:52.993043194646%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 1706.11kcal (85.31%), Fat: 109.82g (168.95%), Saturated Fat: 35.01g (218.78%), Carbohydrates: 104.53g (34.84%), Net Carbohydrates: 100.26g (36.46%), Sugar: 82.08g (91.2%), Cholesterol: 364.16mg (121.39%), Sodium: 1475.67mg (64.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.2g (148.41%), Selenium: 113.82µg (162.6%), Vitamin B6: 3.02mg (150.79%), Vitamin K: 149.42µg (142.31%), Vitamin B3: 22.65mg (113.24%), Vitamin B1: 1.63mg (108.84%), Zinc: 12.28mg (81.89%), Manganese: 1.58mg (78.86%), Vitamin B2: 1.3mg (76.68%), Phosphorus: 730.15mg (73.01%), Vitamin D: 10.47µg (69.77%), Iron: 11.65mg (64.71%), Potassium: 1596.59mg (45.62%), Magnesium: 145.41mg (36.35%), Calcium: 319.78mg (31.98%), Vitamin B5: 3.15mg (31.52%), Copper: 0.62mg (30.88%), Vitamin B12: 1.73µg (28.82%), Vitamin E: 2.9mg (19.33%), Fiber: 4.27g (17.08%), Vitamin A: 648.8IU (12.98%), Vitamin C: 8.48mg (10.28%), Folate: 36.32µg (9.08%)