



HEALTH SCORE

64%

Cook the Book: Fleisher's Spareribs



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



2

CALORIES



1998 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pepper black freshly ground
- ☐ 1 teaspoon ground pepper
- ☐ 0.5 teaspoon celery seed
- ☐ 0.3 cup coarse salt
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon mustard
- ☐ 1 tablespoon onion powder

- ☐ 0.3 cup paprika
- ☐ 1 rack pork spareribs

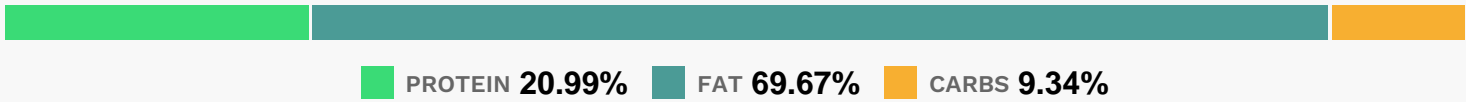
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Make a spice rub by combining the salt, pepper, brown sugar, paprika, garlic powder, onion powder, powdered mustard, cayenne, and celery seeds in a small bowl. This makes about 1 ½ cups. Coat the ribs with the rub evenly and thickly. Don't be afraid of giving them a nice crust.
- ☐ Put the ribs in a container large enough to hold them, cover with foil or plastic wrap, transfer to the refrigerator, and let chill for 30 minutes to 12 hours.
- ☐ Fleisher's likes to use an indirect method of cooking for the ribs, either slowly in the oven at 250°F for 3 hours—or until the meat pulls easily off the bone, whichever comes first—or at about the same temperature and timing on a gas or charcoal grill.
- ☐ Cut the ribs apart and serve. Fleisher's doesn't feel these ribs need anything more, but you can always serve them with barbecue sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:60.962173513744%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg

Nutrients (% of daily need)

Calories: 1997.5kcal (99.88%), Fat: 154.58g (237.82%), Saturated Fat: 49.42g (308.88%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 38.29g (13.92%), Sugar: 28.6g (31.78%), Cholesterol: 520mg (173.33%), Sodium: 14725.41mg (640.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.78g (209.55%), Selenium: 147.11µg (210.16%), Vitamin B6: 4.18mg (208.97%), Vitamin B3: 31.95mg (159.77%), Vitamin B1: 2.17mg (144.72%), Vitamin A: 7116.66IU (142.33%), Zinc: 17.32mg (115.49%), Vitamin B2: 1.83mg (107.91%), Phosphorus: 1010.41mg (101.04%), Vitamin D: 14.95µg (99.67%), Manganese: 1.63mg (81.72%), Potassium: 2152.99mg (61.51%), Iron: 10.66mg (59.24%), Vitamin B5: 4.63mg (46.26%), Vitamin E: 6.78mg (45.17%), Vitamin B12: 2.47µg (41.17%), Copper: 0.81mg (40.71%), Magnesium: 158.21mg (39.55%), Fiber: 8.32g (33.28%), Vitamin K: 26.57µg (25.31%), Calcium: 228.36mg (22.84%), Folate: 13.82µg (3.46%), Vitamin C: 1.85mg (2.24%)