



Grilled Country-Style Pork Ribs

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

READY IN



570 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon garlic powder
- 2 teaspoons ancho chili powder
- 2 teaspoons chipotle chili powder
- 0.5 teaspoon ground cumin
- 2 tablespoons kosher salt
- 2 tablespoons brown sugar light packed
- 0.5 teaspoon onion powder
- 3.5 pounds pork ribs country-style

Equipment

- bowl
- plastic wrap
- baking pan
- grill
- kitchen thermometer
- aluminum foil
- ziploc bags
- grill pan

Directions

- Place all of the ingredients except the pork in a small bowl and stir to combine. Rub the spice mixture evenly on all sides of the ribs.
- Place the meat in a resealable plastic bag or a baking dish covered with plastic wrap and refrigerate for 8 hours or overnight.
- Let the ribs sit at room temperature for 1 hour before cooking.
- Heat a grill pan or outdoor grill to medium (about 350°F to 450°F).
- Place the ribs on the grill with the larger, flatter side down, cover the grill, and cook until the pork is browned and crusty on the bottom, about 5 to 7 minutes. Flip, cover, and cook until it's browned and crusty on the other side, about 5 to 7 minutes more. Rotate the ribs so that they are resting on a thinner side (you may need to prop them up against one another), cover, and cook until browned and crusty, about 4 to 6 minutes. Flip to the other thinner side, cover, and cook until browned and crusty or an instant-read thermometer inserted into the thickest part of the thickest rib registers 145°F, about 4 to 6 minutes more.
- Transfer to a clean serving platter, tent loosely with foil, and let rest about 5 minutes before serving.

Nutrition Facts

 **PROTEIN 21.92%**  **FAT 74.31%**  **CARBS 3.77%**

Properties

Glycemic Index:1.67, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:17.596956516738%

Nutrients (% of daily need)

Calories: 534.03kcal (26.7%), Fat: 43.57g (67.03%), Saturated Fat: 13.98g (87.38%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.44g (1.62%), Sugar: 4g (4.44%), Cholesterol: 148.17mg (49.39%), Sodium: 2499.04mg (108.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.85%), Selenium: 41.17µg (58.81%), Vitamin B6: 1.1mg (54.94%), Vitamin B3: 8.8mg (44.02%), Vitamin B1: 0.6mg (39.8%), Zinc: 4.72mg (31.45%), Vitamin D: 4.26µg (28.4%), Vitamin B2: 0.48mg (28.14%), Phosphorus: 267.72mg (26.77%), Potassium: 487.63mg (13.93%), Vitamin B5: 1.18mg (11.78%), Vitamin B12: 0.7µg (11.73%), Iron: 2.1mg (11.64%), Copper: 0.17mg (8.45%), Magnesium: 33.03mg (8.26%), Vitamin E: 1.2mg (8.01%), Vitamin A: 397.45IU (7.95%), Calcium: 39.33mg (3.93%), Manganese: 0.06mg (3%), Fiber: 0.53g (2.12%), Vitamin K: 1.43µg (1.36%)