



WHATSheATE



Grilled Peppered Dry Spareribs



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings barbecue sauce for serving
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cajun spice
- ☐ 0.3 cup granulated sugar white
- ☐ 2 teaspoons celery salt
- ☐ 0.5 teaspoon citric acid
- ☐ 1 teaspoon ground coriander
- ☐ 2 tablespoons lemon pepper

- ☐ 1 tablespoon onion salt
- ☐ 1 tablespoon paprika
- ☐ 1 lawry's seasoned salt
- ☐ 2 slabs spare ribs

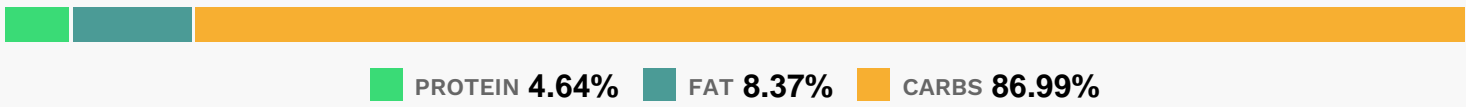
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat a cooker to medium to medium-high.
- ☐ Combine all the ingredients for the rub in a small bowl and blend. Rub all over the ribs.
- ☐ Oil the grate and place the ribs on it bone side down over direct heat. Cover and cook for 2 1/2 to 3 1/2 hours, or until pull-apart tender, turning and spraying with apple juice every 10 to 15 minutes.
- ☐ Transfer the ribs to a cutting board and let them rest, covered loosely with aluminum foil, for 10 to 15 minutes.
- ☐ Cut the ribs into individual pieces and serve with barbecue sauce.
- ☐ Reprinted with permission from America's Best Ribs Recipes by Ardie A. Davis and Chef Paul Kirk, © 2012 Andrews McMeel Publishing

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:9.24, Inflammation Score:-7, Nutrition Score:4.7221739764285%

Nutrients (% of daily need)

Calories: 71.14kcal (3.56%), Fat: 0.72g (1.11%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 14.79g (5.38%), Sugar: 13.11g (14.57%), Cholesterol: 0.4mg (0.13%), Sodium: 2920.43mg (126.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 1375.87IU (27.52%), Manganese: 0.51mg (25.44%), Fiber: 2.06g (8.26%), Vitamin K: 7.96µg (7.58%), Iron: 1.04mg (5.8%), Vitamin E: 0.85mg (5.64%), Copper: 0.08mg (3.76%), Vitamin B6: 0.07mg (3.63%), Potassium: 119.93mg (3.43%), Magnesium: 12.81mg (3.2%), Calcium: 27.68mg (2.77%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 17.11mg (1.71%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.23%), Vitamin B1: 0.02mg (1.06%)