



Hoisin Barbecue Ribs

 Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



4

CALORIES



1454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five spice powder chinese
- 0.3 cup t brown sugar dark
- 4 servings canned tomatoes
- 1 teaspoon sea salt
- 4 servings mayonnaise
- 1 teaspoon pepper white
- 1 cup barbecue sauce
- 2 tablespoons kosher salt

- 2 racks pork ribs
- 2 teaspoons peppercorns
- 2 hickory wood chunks light such as cherry or apple

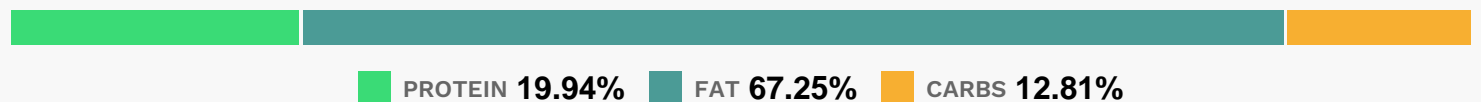
Equipment

- bowl
- grill
- aluminum foil

Directions

- To make the rub, mix together brown sugar, salt, 5-spice powder, Szechuan peppercorns, white pepper, and garlic in a small bowl.
- Remove the membrane from the back of the rack, and trim the ribs of excess fat. Rub each rack liberally with the rub. Wrap ribs in foil or place in a large container and store in the refrigerator overnight (optional).
- Remove the ribs from the fridge while preparing the smoker or grill. Fire up smoker or grill to 225°F, adding chunks of smoking wood chunks when at temperature. When the wood is ignited and producing smoke, place the ribs in the smoker or grill, meat side up, and smoke until the ribs have a slight bend when lifted from one end, 5 to 6 hours.
- In the last 1/2 hour of cooking, baste the top of each rack with barbecue sauce and continue smoking to caramelize sauce.
- Remove from smoker, slice, and serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:40.460869592169%

Nutrients (% of daily need)

Calories: 1454.24kcal (72.71%), Fat: 107.53g (165.43%), Saturated Fat: 34.37g (214.81%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 44.4g (16.14%), Sugar: 37.17g (41.3%), Cholesterol: 364.16mg (121.39%), Sodium:

4608.07mg (200.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.75g (143.5%), Selenium: 101.62µg (145.17%), Vitamin B6: 2.7mg (135.08%), Vitamin B3: 21.74mg (108.72%), Vitamin B1: 1.48mg (98.64%), Zinc: 11.66mg (77.73%), Vitamin B2: 1.19mg (70.22%), Vitamin D: 10.47µg (69.77%), Phosphorus: 672.26mg (67.23%), Potassium: 1350.07mg (38.57%), Iron: 5.71mg (31.72%), Vitamin B5: 3.03mg (30.3%), Vitamin B12: 1.73µg (28.82%), Manganese: 0.5mg (25.21%), Copper: 0.48mg (23.98%), Magnesium: 91.41mg (22.85%), Vitamin E: 2.31mg (15.37%), Calcium: 129.4mg (12.94%), Fiber: 1.66g (6.65%), Vitamin K: 5.43µg (5.17%), Vitamin A: 182.34IU (3.65%), Vitamin C: 0.94mg (1.14%)