

Kansas City Spareribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2.5 tablespoons coarse salt
- ☐ 0.8 cup brown sugar packed ()
- ☐ 2.5 tablespoons ground pepper black
- ☐ 1 tablespoon onion powder
- ☐ 0.5 cup paprika
- ☐ 9 pounds spareribs
- ☐ 1.5 cups purchased tomato-based barbecue sauce (such as KC Masterpiece)

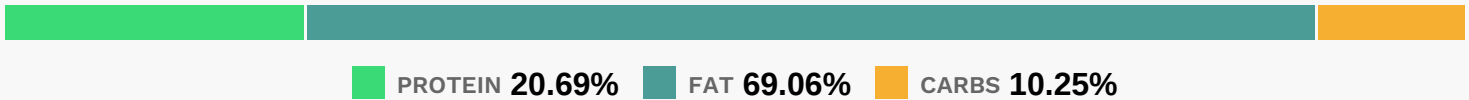
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Mix brown sugar, paprika, coarse salt, black pepper, onion powder and cayenne pepper in small bowl for dry rub.
- ☐ Sprinkle 2/3 cup dry rub all over spareribs. Cover ribs with plastic wrap; refrigerate overnight. Cover remaining dry rub; store at room temperature.
- ☐ Unwrap seasoned spareribs; sprinkle all over with half of remaining dry rub.
- ☐ Let spareribs stand at room temperature 30 minutes.
- ☐ Following manufacturer's instructions and using natural lump charcoal and 1/2 cup drained wood chips for smoker or 1 cup for barbecue (see box at right), start fire and bring temperature of smoker to 200°F. to 225°F. or barbecue to 275°F. to 300°F. Arrange ribs on rack in smoker or barbecue. Cover and cook ribs 2 hours, turning occasionally.
- ☐ Add more charcoal as needed to maintain temperature and more drained wood chips (1/2 cup for smoker or 1 cup for barbecue with each addition) to maintain smoke level.
- ☐ Sprinkle ribs evenly with all remaining dry rub. Cover and cook 1 hour 15 minutes.
- ☐ Brush ribs generously with barbecue sauce. Continue cooking until meat is very tender and brown, about 30 minutes longer. Maintain temperature by adding more lump charcoal; maintain smoke level by adding more drained hickory wood chips as needed.
- ☐ Transfer ribs to large serving platter.
- ☐ Let stand 10 minutes.
- ☐ Cut rib racks between bones into individual ribs and serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.22, Inflammation Score:-9, Nutrition Score:39.928260937981%

Nutrients (% of daily need)

Calories: 1105.98kcal (55.3%), Fat: 84.69g (130.29%), Saturated Fat: 27.09g (169.31%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 24.59g (8.94%), Sugar: 22.42g (24.91%), Cholesterol: 285.76mg (95.25%), Sodium: 2698.63mg (117.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.09g (114.18%), Selenium: 79.77µg (113.95%), Vitamin B6: 2.26mg (113.16%), Vitamin B3: 17.84mg (89.22%), Vitamin B1: 1.18mg (78.61%), Vitamin A: 3585.82IU (71.72%), Zinc: 9.4mg (62.64%), Vitamin B2: 1.01mg (59.69%), Vitamin D: 8.22µg (54.77%), Phosphorus: 544.23mg (54.42%), Potassium: 1218.7mg (34.82%), Iron: 5.51mg (30.61%), Vitamin E: 4.01mg (26.71%), Vitamin B5: 2.6mg (26.04%), Manganese: 0.46mg (23.2%), Vitamin B12: 1.36µg (22.62%), Copper: 0.43mg (21.43%), Magnesium: 82.36mg (20.59%), Fiber: 3.69g (14.74%), Calcium: 105.79mg (10.58%), Vitamin K: 9.91µg (9.44%), Vitamin C: 3.58mg (4.34%), Folate: 8.66µg (2.16%)