



Kansas City Style Pork Back Ribs



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



5

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slabs pork back ribs
- ☐ 1 cup barbecue sauce your favorite
- ☐ 1 tablespoon celery salt
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon mustard dry
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons ground pepper black
- ☐ 2 teaspoons ground sage

- ☐ 0.5 cup honey
- ☐ 1 tablespoon onion powder
- ☐ 0.3 cup paprika
- ☐ 3 tablespoons lawry's seasoned salt
- ☐ 0.5 cup sugar

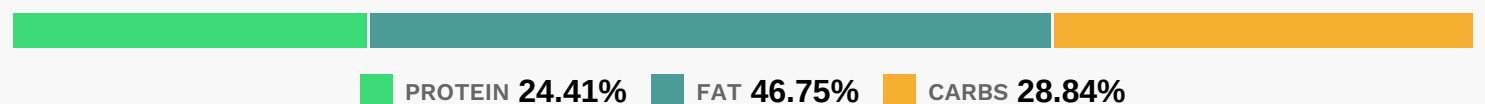
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ grill

Directions

- ☐ In pint-jar with tight-fitting lid, combine sugar, paprika, seasoned salt, chili powder, black pepper, celery salt, onion powder, garlic powder, ground sage and dry mustard.
- ☐ Place lid on jar and shake jar to combine thoroughly. Set spice rub aside. Makes about 1 1/2 cups.
- ☐ In small saucepan over low heat, stir together barbecue sauce and honey.
- ☐ Heat through, stirring occasionally, about 5 minutes. Set barbecue glaze aside, keep warm or at room temperature before using. (If storing for more than 2 hours, cover and refrigerate. Reheat gently before using).
- ☐ Pat ribs dry with paper towels and season generously with spice rub, using about 4-6 tablespoons for each slab of ribs. Grill over indirect heat in a covered grill or smoker for 1 1/2 to 2 hours. Turn ribs once during cooking, about halfway through. Ribs are done when the meat is very tender (insert a paring knife between ribs to determine); they will pull apart fairly easily. About 20 minutes before ribs are done, baste heavily with barbecue glaze. If you like your ribs extra sticky, baste again 10 minutes before removing from the grill.

Nutrition Facts



Properties

Glycemic Index:34.87, Glycemic Load:29.03, Inflammation Score:-10, Nutrition Score:41.850434826768%

Nutrients (% of daily need)

Calories: 1082.99kcal (54.15%), Fat: 57.39g (88.29%), Saturated Fat: 19.95g (124.66%), Carbohydrates: 79.64g (26.55%), Net Carbohydrates: 75.03g (27.28%), Sugar: 67.75g (75.27%), Cholesterol: 234.74mg (78.25%), Sodium: 6526.51mg (283.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.41g (134.82%), Selenium: 108.12µg (154.45%), Vitamin B3: 24.41mg (122.07%), Vitamin B1: 1.61mg (107.54%), Vitamin B6: 1.72mg (85.77%), Vitamin A: 3827.1IU (76.54%), Vitamin B2: 1.19mg (70.1%), Zinc: 9.36mg (62.4%), Phosphorus: 581.53mg (58.15%), Potassium: 1245.85mg (35.6%), Vitamin B12: 1.91µg (31.75%), Manganese: 0.63mg (31.64%), Vitamin B5: 3.12mg (31.23%), Iron: 5.27mg (29.29%), Vitamin E: 4.13mg (27.52%), Vitamin D: 3.74µg (24.95%), Copper: 0.49mg (24.54%), Magnesium: 85.64mg (21.41%), Fiber: 4.61g (18.44%), Calcium: 171.95mg (17.2%), Vitamin K: 13.45µg (12.81%), Folate: 8.18µg (2.04%), Vitamin C: 0.97mg (1.18%)