



Kansas City Style Pork Ribs

 Gluten Free  Dairy Free

READY IN



1695 min.

SERVINGS



4

CALORIES



840 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup apple cider vinegar
- 1 teaspoon pepper black freshly ground
- 2 teaspoons pepper black freshly ground
- 0.5 cup brown sugar
- 2 cups brown sugar
- 0.5 teaspoon cayenne pepper
- 1 tablespoon cayenne pepper
- 0.5 cup mustard dry

- 1 tablespoon garlic powder
- 0.3 cup blackstrap molasses
- 0.7 cup onion diced finely
- 1 tablespoon onion powder
- 2 slabs pork spareribs
- 1 tablespoon salt
- 1 teaspoon salt
- 0.3 teaspoon paprika smoked
- 1 tablespoon paprika smoked
- 12 ounce cans) tomato paste
- 2 tablespoons vegetable oil
- 3 cups water

Equipment

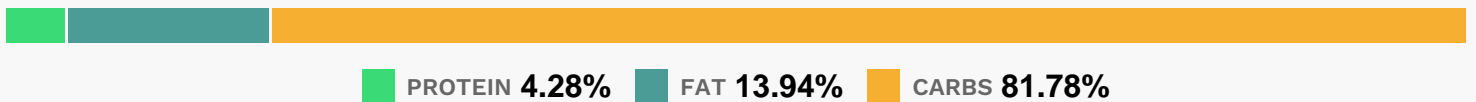
- bowl
- sauce pan
- oven
- pot
- roasting pan
- grill
- aluminum foil

Directions

- Watch how to make this recipe.
- Remove the thin white membrane off of the bone-side of the ribs.
- Mix together the brown sugar, dry mustard, cayenne, paprika, garlic powder, onion powder, salt and pepper in a small bowl. Massage the rub into the ribs and let sit for 1 hour or up to overnight.

- If cooking on the grill, place the ribs meat-side down next to medium-hot coals that are about 225 degrees F. The indirect heat will cook them slower, making them tender. Allow to cook for 1 hour. Turn ribs every half hour and baste with the Kansas City Barbeque Sauce. Cook until the ribs are tender, about 3 to 4 hours.
- If cooking indoors, place in a roasting pan with a rack. Slather the ribs with the Kansas City Barbeque Sauce and tent a piece of aluminum foil over them. In a preheated 350 degrees F oven, place the ribs, basting with the sauce every 30 minutes and removing the foil for the last 30 minutes and cooking until fork tender, about 2 1/2 to 3 hours.
- In a small sauce pot on medium-high heat, heat the oil and add the onion, cooking until translucent.
- Add the remaining ingredients in a large bowl and mix together.
- Add to sauce pan and let simmer for 30 to 45 minutes. Use to baste the pork spare ribs.
- cups

Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:13.73, Inflammation Score:-10, Nutrition Score:28.156956438704%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 839.63kcal (41.98%), Fat: 13.61g (20.94%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 179.61g (59.87%), Net Carbohydrates: 171.88g (62.5%), Sugar: 162.34g (180.38%), Cholesterol: 0.4mg (0.13%), Sodium: 3062.53mg (133.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Manganese: 1.48mg (74.13%), Selenium: 43.76µg (62.52%), Vitamin A: 2858.24IU (57.16%), Potassium: 1671.79mg (47.77%), Magnesium: 175.15mg (43.79%), Vitamin E: 6.04mg (40.26%), Iron: 6.95mg (38.59%), Copper: 0.68mg (34.12%), Fiber: 7.73g (30.94%), Vitamin B6: 0.61mg (30.25%), Vitamin C: 23.3mg (28.25%), Vitamin K: 28.4µg (27.04%), Calcium: 266.7mg (26.67%), Phosphorus: 250.19mg (25.02%), Vitamin B3: 4.11mg (20.57%), Vitamin B1: 0.23mg (15.25%), Vitamin B2: 0.22mg (13.15%), Zinc: 1.95mg (13.02%), Folate: 46.78µg (11.7%), Vitamin B5: 0.73mg (7.3%)