



Kansas City Sweet-and-Smoky Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 optional: lemon whole halved



3 cups barbecue sauce homemade your favorite



4 spare ribs racks of

Equipment



frying pan



paper towels



roasting pan



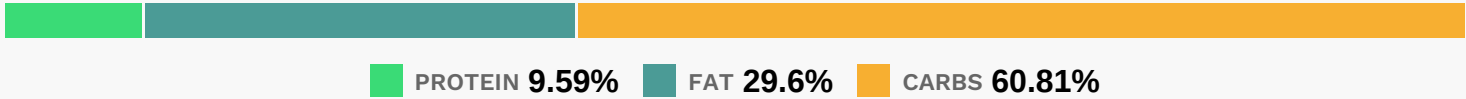
grill

- ☐ aluminum foil

Directions

- ☐ Trim each rack of ribs or have your butcher do this for you.
- ☐ Place the ribs in a large nonreactive roasting pan.
- ☐ Pour the cider over the ribs. Squeeze the juice from the lemons over the ribs, catching the seeds with your fingers. Turn the ribs a couple of time to coat all over with marinade. If desired, let the ribs marinate in the refrigerator, covered, for 4 to 6 hours, turning several times.
- ☐ Drain the ribs and blot dry with paper towels.
- ☐ Sprinkle 1/2 cup of the rub on both sides of the ribs, patting it onto the meat with your fingers.
- ☐ Let the ribs stand in the refrigerator, covered, for 1 to 2 hours.
- ☐ Set up the grill for indirect grilling and preheat to medium. If using a charcoal grill, place a large drip pan in the center. If using a gas grill, place all the wood chips in the smoker box or in a smoker pouch and preheat to high until you see smoke, then reduce the heat to medium.
- ☐ When ready to cook, if using charcoal, toss 1 cup of wood chips on the coals.
- ☐ Place the ribs in the center of the hot grate, away from the heat. Cover the grill and cook the ribs for 2 to 3 hours. After 30 minutes, spray the ribs with apple cider and continue to spray every half hour until ready to brush with the sauce. If using a charcoal grill, you'll need to add 12 fresh coals and 1/2 cup wood chips per side after each hour.
- ☐ Lightly brush the ribs with 1 cup of the sauce 20 minutes before the ribs are done. When the ribs are fully cooked, the meat will have shrunk back from the bones about 1/4 inch, and the meat will be tender enough to tear apart with your fingers. But don't overcook; the ribs should have some chew to them. If the ribs start to dry out, wrap them in aluminum foil for the last hour of cooking.
- ☐ Transfer the ribs to plates or a platter.
- ☐ Sprinkle the ribs with the remaining rub and lightly brush again with barbecue sauce.
- ☐ Let the ribs rest for a few minutes, then serve with the remaining barbecue sauce on the side.
- ☐ You can also cook the ribs in a smoker. Smoke them for 4 to 5 hours at 225°F
- ☐ This is a wonderful way to prepare baby back ribs. In this case, you'll need to allow 1 to 1 1/2 hours for indirect grilling or 2 to 3 hours for cooking in a smoker.
- ☐ Excerpted from How to Grill (Workman) Copyright 2001 by Steven Raichlen

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:15.202608699384%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 603.71kcal (30.19%), Fat: 20.02g (30.8%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 92.55g (30.85%), Net Carbohydrates: 89.11g (32.4%), Sugar: 72.56g (80.63%), Cholesterol: 63.28mg (21.09%), Sodium: 2274.5mg (98.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Vitamin C: 29.91mg (36.25%), Vitamin B6: 0.66mg (32.91%), Selenium: 20.41µg (29.15%), Vitamin B3: 5.02mg (25.11%), Potassium: 763.58mg (21.82%), Vitamin B1: 0.32mg (21.55%), Vitamin B2: 0.33mg (19.38%), Phosphorus: 163.07mg (16.31%), Zinc: 2.37mg (15.83%), Manganese: 0.29mg (14.72%), Vitamin E: 2.09mg (13.93%), Fiber: 3.44g (13.77%), Iron: 2.42mg (13.43%), Vitamin D: 1.82µg (12.13%), Copper: 0.24mg (11.89%), Magnesium: 44.86mg (11.22%), Vitamin A: 492.36IU (9.85%), Calcium: 96.69mg (9.67%), Vitamin B5: 0.95mg (9.49%), Vitamin B12: 0.3µg (5.01%), Vitamin K: 3.86µg (3.68%), Folate: 10.23µg (2.56%)