



## Low-and-Slow Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings apple juice
- 3 slabs baby back pork ribs
- 6 servings barbecue rub
- 6 servings vinegar sauce

### Equipment

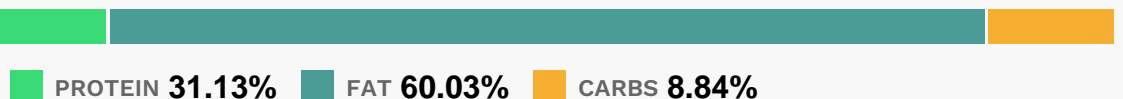
- knife
- plastic wrap
- grill

- aluminum foil

## Directions

- Rinse and pat ribs dry.
- Remove thin membrane from back of ribs by slicing into it with a knife and then pulling. (This will make ribs more tender and allow meat to absorb smoke and rub.)
- Sprinkle meat generously with Barbecue Rub. Massage rub into meat. Wrap tightly with plastic wrap, and chill 8 hours.
- Prepare a hot fire by piling charcoal on 1 side of grill, leaving other side empty. (For gas grills, light only 1 side.)
- Place cooking grate on grill. Arrange ribs over unlit side.
- Grill 2 hours, covered with grill lid, adding 5 to 7 charcoal pieces every 45 minutes to 1 hour, and keeping temperature between 225 and 25
- Add a handful of hickory chips to the charcoal every 20 to 30 minutes. Spritz ribs with apple juice from a squeeze-trigger sprayer each time you add wood chips
- Reposition rib slabs occasionally, placing the one closest to the heat source in the back and adding hickory chips and coals as needed to maintain the low temperature. Grill 2 more hours.
- Remove ribs from grill, and place on heavy-duty aluminum foil. Spritz ribs generously with apple juice; tightly seal.
- Place foil-wrapped ribs back on the grill; cook 2 more hours.
- Remove ribs from foil, place flat on grill, and baste generously with Vinegar Sauce. Grill 20 more minutes.
- Remove from grill, and let stand 10 minutes.
- Cut ribs into 3-rib sections, slicing between bones.

## Nutrition Facts



## Properties

Glycemic Index:15.13, Glycemic Load:5.66, Inflammation Score:-3, Nutrition Score:29.781304615995%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 699.58kcal (34.98%), Fat: 46.61g (71.71%), Saturated Fat: 16.49g (103.05%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 14.96g (5.44%), Sugar: 12.09g (13.43%), Cholesterol: 195.62mg (65.21%), Sodium: 252.29mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.38g (108.76%), Selenium: 87.33µg (124.75%), Vitamin B3: 19.36mg (96.8%), Vitamin B1: 1.33mg (88.48%), Vitamin B6: 1.25mg (62.26%), Vitamin B2: 0.89mg (52.34%), Zinc: 7.29mg (48.59%), Phosphorus: 448.96mg (44.9%), Vitamin B12: 1.59µg (26.46%), Potassium: 840.28mg (24.01%), Vitamin B5: 2.38mg (23.8%), Vitamin D: 3.12µg (20.79%), Iron: 3.01mg (16.73%), Vitamin K: 16.11µg (15.34%), Copper: 0.29mg (14.51%), Magnesium: 56.14mg (14.03%), Manganese: 0.26mg (12.75%), Calcium: 118.11mg (11.81%), Vitamin E: 0.72mg (4.8%), Vitamin A: 116.26IU (2.33%), Fiber: 0.48g (1.9%), Vitamin C: 1.37mg (1.65%)