



Memphis Dry-Rubbed Back Ribs

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slabs pork loin baby back ribs
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon mustard dry
- ☐ 1 tablespoon sea salt
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground coriander
- ☐ 1 tablespoon ground cumin

- ☐ 2 tablespoons ground pepper black finely
- ☐ 1 tablespoon onion powder
- ☐ 0.3 cup paprika
- ☐ 0.5 cup salt
- ☐ 0.8 cup sugar in the raw

Equipment

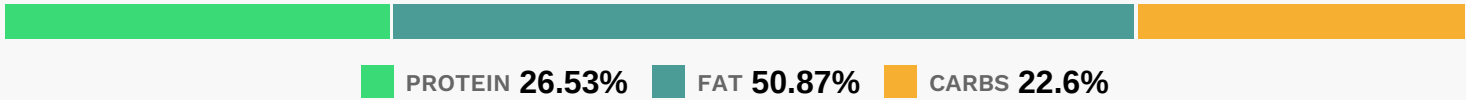
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ At least a half hour and up to 4 hours before you plan to cook the ribs, peel the membrane off the back of the ribs and trim any excessive fat. Season the ribs liberally on both sides with the Rib Rub. Refrigerate.
- ☐ Prepare the grill for cooking over indirect heat at 300 degrees F using apple or cherry wood for flavor.
- ☐ Place the ribs directly on the cooking grate, meaty-side up. Cook for 1 hour. Flip and cook another 30 minutes. Flip again and cook until they are nicely caramelized and golden brown, about another 30 minutes, but may vary depending on your grill.
- ☐ Transfer the ribs to a platter.
- ☐ Lay out two big double-layered sheets of heavy-duty aluminum foil, each big enough to wrap a whole slab of the ribs.
- ☐ Transfer the ribs to the foil, meaty-side up. Fold the foil up around the ribs into a packet. Seal the packets snugly, being careful not to puncture the foil with the rib bones. Return to the grill for 45 minutes to 1 hour to reach your desired degree of tenderness. The best way to determine the doneness is to open the foil after 45 minutes and feel the texture of the meat. It should be very tender.
- ☐ Transfer the foil packets to a platter. Raise the temp of the grill to 400 degrees F.
- ☐ Remove the ribs from the foil and return to the cooking grate.
- ☐ Sprinkle lightly with additional Rib Rub #9
- ☐ Cook for 5 minutes. Flip and sprinkle the other side lightly with the Rib Rub and cook for 5 minutes. Flip one last time and cook for 5 minutes more.

- ☐
- Remove the ribs to a platter.
- ☐
- Serve 1/2 slab to each guest.
- ☐
- Combine all ingredients, mix well, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:38.866086866545%

Nutrients (% of daily need)

Calories: 840.56kcal (42.03%), Fat: 48.25g (74.23%), Saturated Fat: 16.69g (104.32%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 43.42g (15.79%), Sugar: 38.32g (42.57%), Cholesterol: 195.62mg (65.21%), Sodium: 14437.93mg (627.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.62g (113.23%), Selenium: 90.06µg (128.65%), Vitamin B3: 20.31mg (101.54%), Vitamin B1: 1.36mg (90.57%), Vitamin A: 4121IU (82.42%), Vitamin B6: 1.45mg (72.62%), Vitamin B2: 0.99mg (58.01%), Zinc: 7.93mg (52.85%), Phosphorus: 497.5mg (49.75%), Manganese: 0.73mg (36.34%), Iron: 5.82mg (32.33%), Potassium: 1032.4mg (29.5%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.58mg (25.8%), Vitamin E: 3.61mg (24.04%), Copper: 0.42mg (21.24%), Vitamin D: 3.12µg (20.79%), Magnesium: 79.82mg (19.96%), Fiber: 4.81g (19.23%), Calcium: 165.65mg (16.57%), Vitamin K: 12.83µg (12.22%), Folate: 7.75µg (1.94%), Vitamin C: 1.05mg (1.28%)