



 **57%**  
HEALTH SCORE

## Memphis-Style Barbecued Pork Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



2513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings kosher salt
- 12 pound pork spareribs louis-style (also called St. ribs)

### Equipment

- paper towels
- knife
- grill
- tongs
- cutting board

## Directions

- Rinse the rib slabs in cold water, and pat dry with paper towels.
- Place the slabs on a clean chopping board. Using your fingers, pull off the thick white membrane. Use a small knife to trim off the excess fat and meat. Using a sharp knife, trim off the brisket bone. Season both sides of the slab with salt and Neely's Barbecue Seasoning, and refrigerate for at least 1 hour, or up to a day in advance.
- When you're ready to cook the ribs, preheat the grill to 250°F, preferably using a combination of hickory wood and charcoal.
- Place the slab on the grill away from (not directly over) the flame (using indirect heat). Cook the slab curl-side up for approximately 2 1/2 hours. Flip the slab over to finish the cooking, about 1 more hour, or until you get the full "bend" in the slab (see Tony's Tip).
- For dry ribs, pull the ribs off the grill, and sprinkle more
- Neely's Barbecue Seasoning over the entire slab.
- Cut between the bones and serve. For wet ribs, pull the ribs off the grill, and pour Neely's Barbecue Sauce over the slab. Slice between the bones into individual portions, and serve.
- When you're ready to pull that first slab of ribs off the grill, try to lift them with your tongs. Your tongs should make contact with the ribs only about halfway down the slab. If the slab is flexible (it should easily bend to a 45-degree angle downward), that's a good indication that your ribs are ready. The meat should easily pull away from the bone.
- Reprinted with permission from Down Home with the Neelys by Patrick and Gina Neely, (C) 2009 Knopf

## Nutrition Facts

   
 PROTEIN **22.71%**  FAT **77.29%**  CARBS **0%**

## Properties

Glycemic Index: 0, Glycemic Load: 0, Inflammation Score: -3, Nutrition Score: 49.386956484421%

## Nutrients (% of daily need)

Calories: 2512.9kcal (125.65%), Fat: 212.28g (326.59%), Saturated Fat: 68.3g (426.89%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 725.75mg (241.92%), Sodium: 928.61mg (40.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.34g (280.68%), Selenium: 199.58µg (285.12%), Vitamin B6:

5.21mg (260.36%), Vitamin B3: 42.29mg (211.46%), Vitamin B1: 2.89mg (192.93%), Zinc: 22.68mg (151.2%), Vitamin D: 20.87µg (139.1%), Vitamin B2: 2.28mg (133.94%), Phosphorus: 1279.13mg (127.91%), Potassium: 2195.43mg (62.73%), Vitamin B12: 3.45µg (57.46%), Vitamin B5: 5.67mg (56.7%), Iron: 8.26mg (45.87%), Magnesium: 145.15mg (36.29%), Copper: 0.73mg (36.29%), Vitamin E: 3.36mg (22.38%), Calcium: 136.2mg (13.62%), Manganese: 0.09mg (4.56%)