



 **80%**  
HEALTH SCORE

# Memphis-Style Hickory-Smoked Beef and Pork Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**865 min.**

SERVINGS



**6**

CALORIES



**3150 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple cider vinegar
- 8 pounds beef spareribs
- 0.5 tablespoon ground mustard
- 0.5 tablespoon ground pepper fresh black
- 2 cups catsup
- 1 tablespoon juice of lemon
- 5 tablespoons brown sugar light

- 0.5 tablespoon onion powder
- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 6 pounds pork spareribs
- 0.8 cup sugar
- 5 tablespoons sugar
- 1 cup water
- 1 tablespoon worcestershire sauce

## Equipment

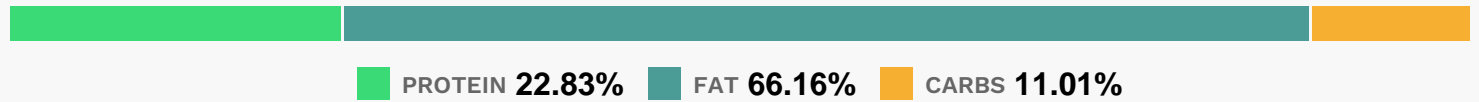
- bowl
- sauce pan
- grill
- cutting board

## Directions

- Watch how to make this recipe.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- Rinse and dry ribs.
- Place on a clean cutting board and pull off the membrane, the thin fatty skin that lines the underside of the ribs. Trim the ribs of excess fat and meat. Liberally season both sides of the ribs with 1/4 to 1/2 cup Neely's BBQ Rub. Wrap ribs and refrigerate for at least 8 hours so flavors can permeate.
- Preheat grill to 250 degrees F using hickory and charcoal.
- Use indirect heat and cook with the cover down.
- Place ribs, meatier side down, on the grill away from the coals. Cook beef 2 hours, adding more coals as needed. Turn and cook for 45 minutes more, or until the ribs "bend" and the meat easily separates from the bone using a fork. Cook the pork ribs 3 hours. Turn and cook another hour, or until ribs bend.

- Remove from grill.
- Sprinkle extra Neely's BBQ seasoning over ribs, cut bones and serve.
- For wet ribs: Coat ribs with Neely's BBQ Sauce, cut and serve.
- In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cooked uncovered, stirring frequently, for 1 hour 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:37.86, Glycemic Load:25.34, Inflammation Score:-10, Nutrition Score:70.128261296645%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

### Nutrients (% of daily need)

Calories: 3150.35kcal (157.52%), Fat: 231.06g (355.47%), Saturated Fat: 81.18g (507.35%), Carbohydrates: 86.48g (28.83%), Net Carbohydrates: 75.85g (27.58%), Sugar: 65.26g (72.51%), Cholesterol: 792.27mg (264.09%), Sodium: 1563.35mg (67.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 179.4g (358.81%), Selenium: 195.08µg (278.69%), Vitamin A: 13714.28IU (274.29%), Vitamin B6: 5.31mg (265.31%), Zinc: 38.19mg (254.62%), Vitamin B3: 50.65mg (253.27%), Vitamin B12: 14.67µg (244.44%), Phosphorus: 1726.19mg (172.62%), Vitamin B2: 2.52mg (147.98%), Iron: 22.42mg (124.58%), Vitamin B1: 1.84mg (122.36%), Potassium: 3684.6mg (105.27%), Vitamin E: 13.24mg (88.25%), Vitamin D: 11.04µg (73.58%), Vitamin B5: 6.65mg (66.51%), Magnesium: 245.27mg (61.32%), Copper: 1.05mg (52.65%), Fiber: 10.62g (42.49%), Manganese: 0.81mg (40.73%), Vitamin K: 36.05µg (34.33%), Calcium: 287.95mg (28.79%), Folate: 67.8µg (16.95%), Vitamin C: 6.06mg (7.35%)