



Memphis-Style Pork Ribs



Gluten Free



Dairy Free



Popular

READY IN



310 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbsp pepper black
- ☐ 0.5 cup brown sugar
- ☐ 2 teaspoons cayenne
- ☐ 0.5 teaspoon celery seed
- ☐ 2 teaspoons cumin
- ☐ 1 teaspoon mustard dry
- ☐ 1 Tbsp garlic powder
- ☐ 0.5 teaspoon oregano dried

- ☐ 2 spare rib racks
- ☐ 2 teaspoons salt
- ☐ 0.3 cup paprika sweet

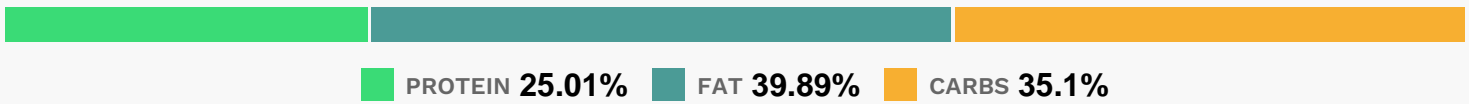
Equipment

- ☐ grill

Directions

- ☐ Mix all the dry ingredients together. Rub them all over the ribs and, if you have time, set them in the fridge overnight. 2 Get your grill or smoker going. You want pretty low heat, about 200-220°F if you can measure it. Make sure you have a spot to put the ribs that is not directly over the heat source.
- ☐ Lay the ribs down. They should not sizzle. If they do, cool the grill down until the ribs no longer sizzle when placed down. Cover the grill or smoker and walk away for an hour.3 Every hour or so after that, turn and rotate the ribs so they cook evenly. You should not have to baste them if you do this: The fat in the ribs will do the basting for you. Depending on how hot your set-up is and at what stage of doneness you like your ribs, they will be done in 4-8 hours.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:19.877391524937%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg

Nutrients (% of daily need)

Calories: 381.48kcal (19.07%), Fat: 17.57g (27.02%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 31.24g (11.36%), Sugar: 27.61g (30.68%), Cholesterol: 68.93mg (22.98%), Sodium: 1238.05mg (53.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.55%), Vitamin A: 3783.14IU (75.66%), Selenium: 30.21µg (43.15%), Zinc: 6.32mg (42.12%), Vitamin B6: 0.69mg (34.34%), Vitamin B3: 6.45mg (32.27%), Vitamin B12: 1.88µg (31.26%), Iron: 4.85mg (26.95%), Vitamin B2: 0.38mg (22.06%), Manganese: 0.44mg (22%), Phosphorus: 211.22mg (21.12%), Potassium: 590.78mg (16.88%), Vitamin E: 2.4mg (16.01%), Fiber: 3.53g (14.11%),

Magnesium: 51.49mg (12.87%), Vitamin K: 12.02µg (11.45%), Copper: 0.2mg (10.18%), Vitamin B1: 0.15mg (9.92%), Calcium: 76mg (7.6%), Folate: 10.95µg (2.74%), Vitamin B5: 0.25mg (2.51%), Vitamin C: 1.01mg (1.23%)