



Neely's BBQ Pork Spare Ribs

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

READY IN



1660 min.

SERVINGS



4

CALORIES



1756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces apple cider vinegar
- 2 ounces neely's bbq seasoning (recipe above)
- 0.5 tablespoon pepper black freshly ground
- 3 ounces brown sugar
- 1 ounce plus light
- 16 ounces catsup
- 1 ounce juice of lemon
- 0.5 tablespoon ground mustard dry

- 0.5 tablespoon onion powder
- 1 teaspoon onion powder
- 4 ounces paprika
- 4 pounds pork spareribs
- 8 ounces water
- 2 ounces sugar white
- 3 ounces sugar white
- 1 ounce worcestershire sauce

Equipment

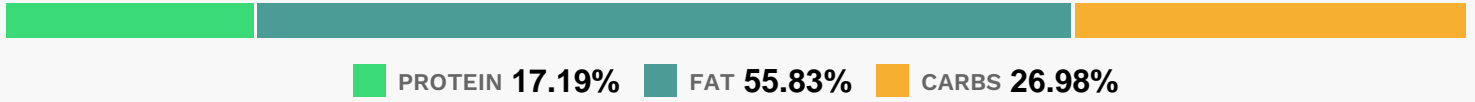
- grill
- dutch oven
- cutting board

Directions

- Watch how to make this recipe.
- Place pork rib slab flat on a clean chopping board. Pull off membrane.
- Cut off the excess fat and meat. Season both sides of the slab with Neely's BBQ Seasoning. Refrigerate for at least 24 hours.
- Preheat your grill at 275 degrees F, using hickory wood and charcoal.
- Place the slab on the grill away from the flame, using indirect heat. Cook the slab for approximately 2 1/2 hours with the curl side up. Flip the slab over to finish cooking for approximately 1 hour or until you get full "bend" in the slab.
- For dry ribs: Pull ribs off grill, sprinkle Neely's BBQ Seasoning over entire slab.
- Cut between the bones and serve.
- For wet ribs: Pull ribs off grill, pour Neely's BBQ Sauce over slab.
- Cut between the bones and serve.
- Mix all the ingredients and set aside.
- Combine all of the sauce ingredients in a stockpot or large Dutch oven. Bring to a boil over high heat, stirring frequently to prevent sticking. Reduce temperature to low and simmer,

uncovered, for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:61.55, Glycemic Load:26.78, Inflammation Score:-10, Nutrition Score:66.316521354344%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 1755.72kcal (87.79%), Fat: 111.48g (171.5%), Saturated Fat: 35.27g (220.46%), Carbohydrates: 121.2g (40.4%), Net Carbohydrates: 108.83g (39.58%), Sugar: 90.11g (100.12%), Cholesterol: 362.87mg (120.96%), Sodium: 1527.46mg (66.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.22g (154.44%), Vitamin A: 14928.48IU (298.57%), Vitamin B6: 3.6mg (180.22%), Selenium: 106.03µg (151.48%), Vitamin K: 141.73µg (134.98%), Vitamin B3: 26.17mg (130.87%), Vitamin B1: 1.62mg (107.69%), Vitamin B2: 1.72mg (101.43%), Iron: 16.34mg (90.75%), Manganese: 1.8mg (90.09%), Zinc: 13.4mg (89.32%), Phosphorus: 803.1mg (80.31%), Vitamin E: 11.84mg (78.95%), Vitamin D: 10.43µg (69.55%), Potassium: 2303.39mg (65.81%), Fiber: 12.36g (49.45%), Magnesium: 180.92mg (45.23%), Copper: 0.84mg (42.19%), Vitamin B5: 3.66mg (36.65%), Calcium: 332.7mg (33.27%), Vitamin B12: 1.72µg (28.73%), Vitamin C: 10.65mg (12.91%), Folate: 48.28µg (12.07%)