



# Not Your Every Day Smoked Pork Spare Ribs

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

READY IN



**720 min.**

SERVINGS



**6**

CALORIES



**1584 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup apple cider
- 0.8 cup apple cider vinegar
- 1 tablespoon pepper black freshly ground
- 0.5 cup brown sugar packed
- 1 teaspoon ground pepper
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- 1 teaspoon ground cinnamon

- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 6 servings pepper black to taste
- 2 tablespoons juice of lemon
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 3 tablespoons hot sauce hot
- 2 cups fries
- 6 pounds pork spareribs

## Equipment

- bowl
- grill

## Directions

- In a medium bowl, mix together the brown sugar, chili powder, paprika, black pepper, 2 tablespoons garlic powder, 2 teaspoons onion powder, kosher salt, cumin, cinnamon, jalapeno seasoning, and cayenne pepper. Rub generously onto the pork spareribs. Cover, and refrigerate for at least 4 hours, or overnight.
- Prepare an outdoor grill for indirect heat, or preheat a smoker to 250 degrees F (120 degrees C). While the grill heats up, prepare the mop sauce. In a medium bowl, stir together the apple cider, apple cider vinegar, 1 tablespoon onion powder, 1 tablespoon garlic powder, lemon juice, jalapeno, hot pepper sauce, salt and pepper.
- When the coals are gray and ashed over, place 2 handfuls of soaked woodchips directly on them.
- Place the ribs on the grill grate bone side down. Cover, and cook for 3 1/2 to 4 hours.
- Add more coals as needed. Baste with the mop sauce, and throw handfuls of soaked woodchips onto the coals every hour. Keep the temperature of the grill or smoker from going below 225 degrees F (110 degrees C). Ribs are done when the rub has created a wonderful crispy blackened 'bark', and the meat has pulled away from the bone. Discard any leftover mop sauce.

## Nutrition Facts

PROTEIN 18.73% FAT 67.98% CARBS 13.29%

## Properties

Glycemic Index:45.18, Glycemic Load:15.16, Inflammation Score:-8, Nutrition Score:45.338261293328%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 1583.69kcal (79.18%), Fat: 118.82g (182.8%), Saturated Fat: 37.88g (236.77%), Carbohydrates: 52.25g (17.42%), Net Carbohydrates: 46.34g (16.85%), Sugar: 22.38g (24.87%), Cholesterol: 362.87mg (120.96%), Sodium: 1756.69mg (76.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.67g (147.33%), Selenium: 101.71µg (145.3%), Vitamin B6: 2.9mg (144.94%), Vitamin B3: 23.5mg (117.51%), Vitamin B1: 1.55mg (103.02%), Zinc: 11.95mg (79.66%), Phosphorus: 734.48mg (73.45%), Vitamin B2: 1.23mg (72.08%), Vitamin D: 10.43µg (69.55%), Potassium: 1678.08mg (47.95%), Iron: 6.88mg (38.22%), Vitamin B5: 3.41mg (34.06%), Manganese: 0.66mg (33.24%), Vitamin A: 1530.69IU (30.61%), Vitamin B12: 1.72µg (28.73%), Magnesium: 105.95mg (26.49%), Copper: 0.48mg (23.94%), Fiber: 5.91g (23.64%), Vitamin E: 3.21mg (21.38%), Vitamin C: 12.76mg (15.46%), Calcium: 128.81mg (12.88%), Vitamin K: 6.17µg (5.88%), Folate: 22.24µg (5.56%)