



Paprika-and-Ancho-Rubbed Smoked Baby Back Ribs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



300 min.

SERVINGS



2

CALORIES



1605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup hardwood chips drained for 1 hour and
- ☐ 2 racks pork baby back ribs
- ☐ 0.3 cup paprika-ancho spice rub

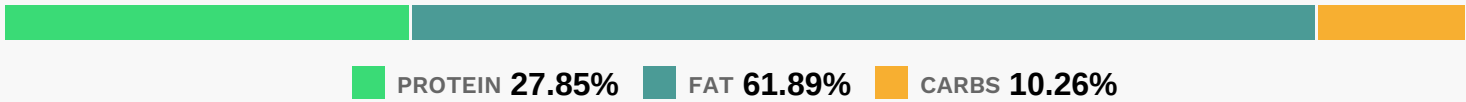
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ Using a kitchen towel, grasp a corner of the membrane on the underside of each rack and pull off the membrane. If necessary, cut the racks so that they will fit on your grill.
- ☐ Sprinkle the racks all over with the Paprika-Ancho Spice Rub and gently massage it into the meat.
- ☐ Let the racks stand at room temperature for 1 hour.
- ☐ Meanwhile, light a charcoal fire in a starter chimney.
- ☐ Add the lit coals to a grill and set it up for indirect grilling: Carefully push the hot coals to one side and place a drip pan on the opposite side and fill it with water. Alternatively, add the lit coals to the firebox of a smoker. Scatter half of the soaked hardwood chips over the coals.
- ☐ Arrange the ribs on the grill over the drip pan. Cover the grill and cook for about 4 hours, maintaining a temperature of 225 to 250, turning and rotating the ribs occasionally, until the rib racks are tender. Monitor the grill throughout the smoking process and add more lit coals, soaked hardwood chips and water to the drip pan as needed to maintain the temperature and smoke level.
- ☐ Cut the racks into ribs and serve.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:19.52, Inflammation Score:-6, Nutrition Score:52.943043522213%

Nutrients (% of daily need)

Calories: 1604.51kcal (80.23%), Fat: 110.93g (170.67%), Saturated Fat: 38.45g (240.33%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 35.09g (12.76%), Sugar: 0.27g (0.3%), Cholesterol: 391.23mg (130.41%), Sodium: 1075.29mg (46.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.31g (224.63%), Selenium: 175.29µg (250.41%), Vitamin B3: 41.33mg (206.65%), Vitamin B1: 2.7mg (180.12%), Vitamin B6: 2.72mg (136.06%), Vitamin B2: 1.78mg (104.87%), Zinc: 15.07mg (100.45%), Phosphorus: 979.23mg (97.92%), Vitamin K: 70.47µg (67.12%), Potassium: 1969mg (56.26%), Vitamin B12: 3.18µg (52.92%), Vitamin B5: 5.28mg (52.77%), Iron: 8.96mg (49.77%), Manganese: 0.91mg (45.69%), Vitamin D: 6.24µg (41.58%), Magnesium: 131.61mg (32.9%), Copper: 0.63mg (31.38%), Calcium: 273.57mg (27.36%), Fiber: 6.31g (25.25%), Vitamin C: 8.5mg (10.31%), Vitamin E: 1.48mg (9.84%), Folate: 38.1µg (9.52%), Vitamin A: 355.04IU (7.1%)