

health-score 51%

 Gluten Free

READY IN

ready

735 min.

SERVINGS

servings

4

CALORIES

calories

2143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon brown sugar dark
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 juice of lemon juiced

- ☐ 2 cups catsup
- ☐ 2 tablespoons kosher salt
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 2 cups peach nectar
- ☐ 6 pound pork spareribs
- ☐ 1 tablespoon reserved peach rub dry
- ☐ 1 small shallots diced
- ☐ 2 tablespoons paprika smoked
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill
- ☐ cutting board

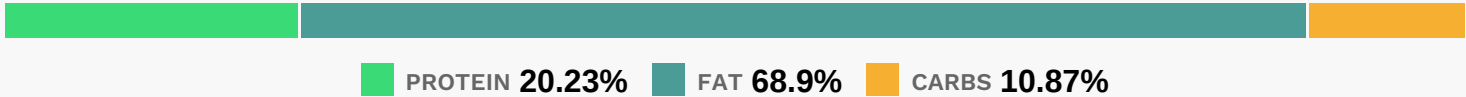
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Hickory chips, saturated and charcoal briquettes, saturated.
- ☐ Add the salt, paprika, chile powder, garlic powder and brown sugar to a bowl and stir until thoroughly incorporated. Keep the rub in an airtight container for up to 6 months.
- ☐ For the ribs: Rinse and dry the ribs.
- ☐ Put them on a clean cutting board and pull off the thin fatty skin that lines the underside of the ribs. Trim the ribs of all excess fat. Reserve 2 tablespoons peach rub (1 for ribs and 1 for sauce), then liberally sprinkle each side with the remaining rub and wrap the ribs in plastic. Refrigerate for at least 8 hours so the flavors can permeate the meat.
- ☐ Fill a grill with the chips and briquettes and preheat them to 250 degrees F.
- ☐ Put the ribs, meatier-side down, over indirect heat and cook for 3 hours with the grill cover down. Turn the slabs and cook until the ribs bend easily, about 1 hour. At this point, remove

them from the grill.

- ☐ Sprinkle the slabs with 1 tablespoon reserved peach rub and slice it into portions.
- ☐ Cut each slab into individual ribs and coat with Gina's Peach BBQ Sauce. Arrange on a serving platter and serve.
- ☐ Melt the butter in a large saucepan over medium heat.
- ☐ Add the garlic and shallots and saute until tender, about 3 minutes. Season with salt, pepper and peach rub. Stir with a wooden spoon until fragrant. Stir in the ketchup, peach nectar, apple cider vinegar, mustard, Worcestershire and lemon juice. Bring the ingredients to a boil, and then reduce the heat to a simmer.
- ☐ Let cook until thickened, about 30 minutes, stirring occasionally. Adjust the seasonings if necessary, and enjoy.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:55.370000072148%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 2143.27kcal (107.16%), Fat: 163.86g (252.08%), Saturated Fat: 53.26g (332.9%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 55.05g (20.02%), Sugar: 45.23g (50.26%), Cholesterol: 551.84mg (183.95%), Sodium: 5493.13mg (238.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.28g (216.55%), Selenium: 153.63µg (219.47%), Vitamin B6: 4.35mg (217.5%), Vitamin B3: 34.26mg (171.3%), Vitamin B1: 2.3mg (153.61%), Vitamin B2: 2mg (117.93%), Zinc: 17.65mg (117.65%), Vitamin D: 15.65µg (104.33%), Phosphorus: 1035.77mg (103.58%), Vitamin A: 3374.11IU (67.48%), Potassium: 2252.03mg (64.34%), Iron: 8.71mg (48.37%), Vitamin B5: 4.57mg (45.65%), Vitamin E: 6.55mg (43.64%), Vitamin B12: 2.59µg (43.19%), Copper: 0.76mg (37.97%), Magnesium: 147.51mg (36.88%), Manganese: 0.48mg (23.89%), Vitamin K: 18.5µg (17.62%), Calcium: 171.98mg (17.2%), Fiber: 3.1g (12.4%), Vitamin C: 8.1mg (9.81%), Folate: 20.3µg (5.07%)