



Ribs McCoy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



32 ounce barbecue sauce



0.3 cup melvyn's seasoning mix



5 pounds spareribs

Equipment

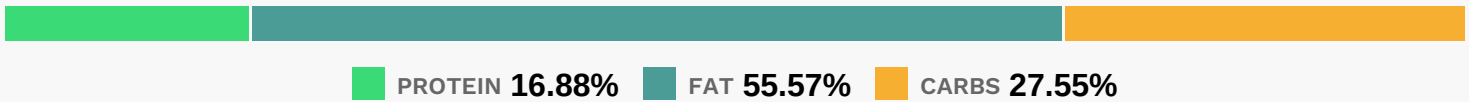


grill

Directions

- ☐
- Prepare a hot fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, light only one side to high heat 400 to 500).
- ☐
- Rub Melvyn's Seasoning
- ☐
- Mix on all sides of ribs. Arrange ribs on food rack over unlit side.
- ☐
- Grill, covered with grill lid, 3 to 3 1/2 hours, turning once and basting with barbecue sauce during last 30 minutes.
- ☐
- Serve with additional barbecue sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:19.078260753466%

Nutrients (% of daily need)

Calories: 513.91kcal (25.7%), Fat: 31.72g (48.79%), Saturated Fat: 10.1g (63.1%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 31.9g (11.6%), Sugar: 25.37g (28.19%), Cholesterol: 105.84mg (35.28%), Sodium: 887.47mg (38.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Vitamin B6: 0.88mg (44.23%), Selenium: 30.38µg (43.41%), Vitamin K: 42.22µg (40.21%), Vitamin B3: 6.92mg (34.62%), Vitamin B1: 0.45mg (30.07%), Zinc: 3.61mg (24.08%), Vitamin B2: 0.41mg (24.06%), Iron: 4.11mg (22.81%), Manganese: 0.44mg (21.82%), Phosphorus: 211.39mg (21.14%), Vitamin D: 3.04µg (20.29%), Potassium: 578.36mg (16.52%), Vitamin E: 2.29mg (15.3%), Calcium: 149.75mg (14.97%), Fiber: 3.47g (13.89%), Magnesium: 48.74mg (12.18%), Vitamin B5: 1.01mg (10.11%), Copper: 0.2mg (10.09%), Vitamin B12: 0.5µg (8.38%), Vitamin A: 281.13IU (5.62%), Folate: 17.09µg (4.27%)