



Ribs McCoy

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

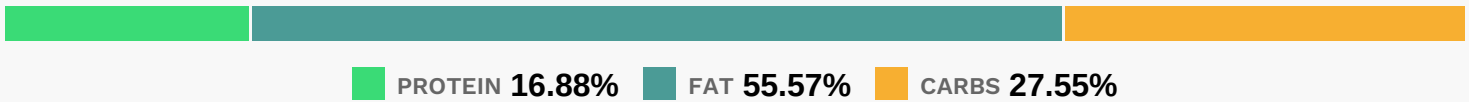
Equipment

- ☐ 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%)