



Ribs with Big Daddy Rub

READY IN



175 min.

SERVINGS



6

CALORIES



1887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 2 tablespoons pepper black freshly ground
- ☐ 3 cups brown sugar
- ☐ 2 tablespoons buttermilk
- ☐ 2 tablespoons cayenne
- ☐ 2 tablespoons chili powder hot
- ☐ 2 liters coca-cola recommended: Coca-Cola
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons ground cumin

- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon pepper flakes red
- ☐ 2 tablespoons pepper flakes red
- ☐ 0.3 cup paprika smoked
- ☐ 4 cups water
- ☐ 5 pounds st. louis style

Equipment

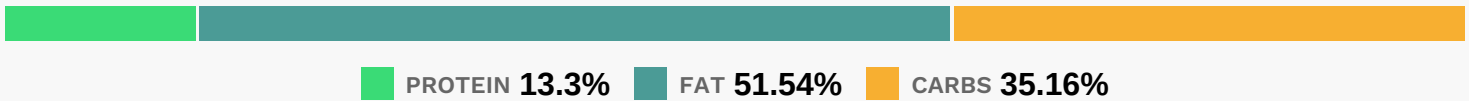
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Rub ribs with 1 cup Big Daddy Rub until evenly coated on both sides. Allow ribs to marinate at room temperature for 30 minutes.
- ☐ Place ribs in 2 large roasting pans and cover with the cola and water. Cover with foil and cook in oven for 1 1/2 hours.
- ☐ Remove ribs from oven and allow to cool. Slice ribs into individual-size pieces.
- ☐ Preheat grill over medium-high heat.
- ☐ Place ribs on the grill.
- ☐ Brush on apple cider-buttermilk sauce. Cook for additional 5 minutes.
- ☐ In a large bowl, toss ribs with another 1 cup of rub until well coated.

- ☐ Spread ribs out on a sheet tray and bake in the oven for an additional 20 minutes until caramelized.
- ☐ Serve alongside Apple Cider Buttermilk Sauce, chipotle aioli, or harissa rouille.
- ☐ In a medium sized bowl, mix all ingredients until well combined.
- ☐ In a medium pot add apple cider, sugar and red pepper on medium high heat. Reduce by half.
- ☐ Pour mixture into a separate bowl.
- ☐ Add buttermilk.
- ☐ Mix thoroughly and add lemon juice and zest.

Nutrition Facts



Properties

Glycemic Index:48.14, Glycemic Load:30.04, Inflammation Score:-10, Nutrition Score:43.372174024582%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 1886.75kcal (94.34%), Fat: 110.12g (169.42%), Saturated Fat: 48.28g (301.72%), Carbohydrates: 169.04g (56.35%), Net Carbohydrates: 163.79g (59.56%), Sugar: 153.86g (170.96%), Cholesterol: 284.05mg (94.68%), Sodium: 5093.04mg (221.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.6mg (8.87%), Protein: 63.96g (127.91%), Zinc: 15.36mg (102.4%), Vitamin A: 5004.01IU (100.08%), Vitamin B12: 5.88µg (98.03%), Selenium: 68.61µg (98.02%), Vitamin B6: 1.74mg (87.22%), Vitamin B3: 16.06mg (80.3%), Iron: 11.21mg (62.26%), Vitamin B2: 0.96mg (56.54%), Phosphorus: 553.26mg (55.33%), Potassium: 1394.22mg (39.83%), Manganese: 0.69mg (34.4%), Vitamin E: 4.45mg (29.67%), Magnesium: 111.61mg (27.9%), Vitamin B1: 0.35mg (23.63%), Copper: 0.47mg (23.57%), Calcium: 218.28mg (21.83%), Fiber: 5.26g (21.02%), Vitamin K: 21.07µg (20.06%), Vitamin D: 0.82µg (5.47%), Folate: 19.28µg (4.82%), Vitamin B5: 0.41mg (4.05%), Vitamin C: 2.97mg (3.61%)