

food
network



HEALTH SCORE

56%

Robert Ribs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



1904 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 racks baby back ribs
- ☐ 1 cup brown sugar
- ☐ 2 tablespoons cayenne powder
- ☐ 2 tablespoons cayenne pepper
- ☐ 1 tablespoon mustard dry such as coleman's
- ☐ 2 tablespoons garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 3 cups catsup

- ☐ 2 tablespoons kosher salt
- ☐ 3 tablespoons brown sugar light
- ☐ 2 tablespoons onion powder
- ☐ 1 tablespoon course pepper black
- ☐ 1 cup rice wine vinegar
- ☐ 1 tablespoon sea salt
- ☐ 5 teaspoons seafood seasoning such as old bay
- ☐ 1 cup soya sauce
- ☐ 0.5 cup mustard stone ground
- ☐ 2 tablespoons pepper white
- ☐ 0.3 cup worcestershire sauce
- ☐ 1 cup worcestershire sauce

Equipment

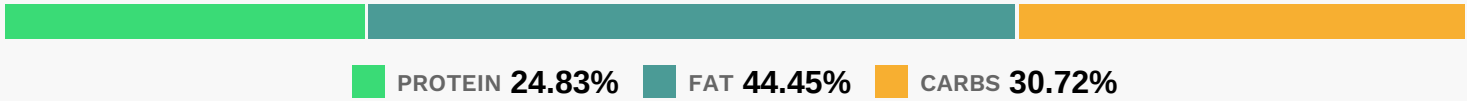
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Prepare a smoker to high heat, 450 degrees F. To prepare the ribs, remove the silver skin from the back or under rib side.
- ☐ Mix the soy and Worcestershire sauces together. Then on a baking sheet or pan, mop on the basting liquid and sprinkle with the Rib Rub. After basting and seasoning, place the ribs on the rack of the smoker and cook for 1 hour. Mop or baste twice during cooking. Once the ribs have cooked for 1 hour, glaze with BBQ Sauce and finish for a final 10 minutes to allow the sauce to glaze the ribs.

- ☐
- Serve and enjoy. Cook's Note: Ribs may require additional cooking time due to size and tenderness.
- ☐
- With a wooden spoon, blend the brown sugar, cayenne, garlic powder, onion powder, white pepper, salt, dry mustard, black pepper, seafood seasoning and ginger powder until mixed. Then bag until usage.
- ☐
- In a bowl, whisk together the ketchup, sugar, vinegar, mustard, Worcestershire sauce, cayenne and salt in a saucepan over low heat. Cook for 5 to 6 minutes to blend flavors.
- ☐
- Remove from the heat and hold until using.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:63.521739088971%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 1904.36kcal (95.22%), Fat: 95.78g (147.35%), Saturated Fat: 33.25g (207.83%), Carbohydrates: 148.97g (49.66%), Net Carbohydrates: 142.51g (51.82%), Sugar: 112.11g (124.57%), Cholesterol: 391.23mg (130.41%), Sodium: 12159.3mg (528.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 120.38g (240.76%), Selenium: 194.11µg (277.3%), Vitamin B3: 44.88mg (224.4%), Vitamin B1: 2.84mg (189.42%), Vitamin B6: 3.11mg (155.28%), Vitamin B2: 2.33mg (136.92%), Phosphorus: 1159.72mg (115.97%), Zinc: 16.02mg (106.77%), Potassium: 3138.75mg (89.68%), Manganese: 1.64mg (81.98%), Iron: 14.73mg (81.85%), Vitamin A: 3297.85IU (65.96%), Copper: 1.14mg (56.94%), Vitamin B12: 3.18µg (52.92%), Vitamin B5: 5.21mg (52.11%), Magnesium: 204.2mg (51.05%), Calcium: 462.29mg (46.23%), Vitamin D: 6.24µg (41.58%), Vitamin E: 5.84mg (38.91%), Vitamin K: 33.65µg (32.04%), Vitamin C: 25.27mg (30.63%), Fiber: 6.46g (25.83%), Folate: 53.17µg (13.29%)