



Rubbed Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds pork back ribs
- ☐ 3 tablespoons new mexico chilies
- ☐ 6 servings tangy sauce sweet
- ☐ 3 tablespoons paprika
- ☐ 1.5 tablespoons pepper
- ☐ 1 teaspoon salt
- ☐ 3 cups apple wood chips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a bowl, pour enough hot water over wood chips to make them float.
- ☐ Drain chips to add to barbecue.
- ☐ Mix ground chilies, paprika, pepper, and salt.
- ☐ Wipe ribs with a damp towel, then rub all over with the chili mixture.
- ☐ Prepare barbecue for indirect heat.
- ☐ If using charcoal briquets, mound and ignite 40 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- ☐ Add 5 more briquets to each mound of coals now and every 30 minutes while cooking. Set a drip pan on firegrate between coals.
- ☐ If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and reduce heat to low.
- ☐ For charcoal smoke, add 1/2 cup soaked wood chips with the 5 briquets every 30 minutes of cooking. For gas smoke, as soon as you turn on heat, place 1 cup soaked wood chips in the barbecue's metal smoking box or in a small, shallow foil pan directly on heat in a corner of the firegrate; add 1 more cup chips after each hour of cooking.
- ☐ Set barbecue grill in place.
- ☐ Lay ribs on grill but not directly over heat. If there is not enough space for all the ribs, set them upright in a metal rib rack on grill but not directly over heat. Cover barbecue (open vents for charcoal) and cook until meat pulls easily from bones, about 2 1/2 hours. You don't need to turn ribs on a charcoal barbecue, but on a gas barbecue turn ribs occasionally, even in metal rack.
- ☐ Transfer ribs to a large platter; cut between bones and serve with sweet and tangy sauce

Nutrition Facts



 **PROTEIN 30%**  **FAT 53.4%**  **CARBS 16.6%**

Properties

Glycemic Index:15.33, Glycemic Load:0.53, Inflammation Score:-8, Nutrition Score:28.18782569792%

Nutrients (% of daily need)

Calories: 603.11kcal (30.16%), Fat: 36.02g (55.42%), Saturated Fat: 11.12g (69.48%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 23.49g (8.54%), Sugar: 1g (1.11%), Cholesterol: 131.45mg (43.82%), Sodium: 568.68mg (24.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.06%), Selenium: 58.82µg (84.03%), Vitamin B3: 14.32mg (71.59%), Vitamin B1: 0.89mg (59.28%), Vitamin B2: 0.87mg (51.17%), Vitamin B6: 0.92mg (46.06%), Phosphorus: 440.09mg (44.01%), Zinc: 5.62mg (37.47%), Vitamin A: 1845.41IU (36.91%), Manganese: 0.51mg (25.69%), Copper: 0.46mg (23.24%), Calcium: 228.79mg (22.88%), Magnesium: 89.51mg (22.38%), Vitamin B12: 1.07µg (17.78%), Vitamin C: 14.36mg (17.4%), Potassium: 594.52mg (16.99%), Vitamin B5: 1.68mg (16.82%), Iron: 2.98mg (16.57%), Vitamin D: 2.1µg (13.97%), Vitamin E: 1.54mg (10.29%), Fiber: 1.71g (6.85%), Vitamin K: 6.32µg (6.02%)