



Slow Smoked Pork Spareribs

 **Gluten Free**  **Dairy Free**

READY IN



535 min.

SERVINGS



48

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples quartered
- 0.3 cup brown sugar packed
- 1 teaspoon cayenne pepper
- 0.5 teaspoon celery seed
- 1 tablespoon garlic powder
- 3 tablespoons ground pepper black
- 0.5 cup catsup
- 0.3 cup kosher salt

- 1 optional: lemon cut into wedges
- 1 lime cut into wedges
- 0.3 cup juice of lime
- 1 onion cut into wedges
- 1 tablespoon onion powder
- 1 cranberry-orange relish cut into wedges
- 0.3 cup paprika
- 16 pounds pork spareribs
- 3 cups red wine
- 0.3 cup soya sauce
- 3 cups water

Equipment

- bowl
- frying pan
- grill
- ziploc bags

Directions

- Combine the salt, brown sugar, paprika, black pepper, garlic powder, onion powder, cayenne pepper, and celery seed in a bowl; set aside.
- Remove all heavy fat from the ribs, then remove and discard the membrane covering the rib side.
- Cut the slabs into 3 to 4 bone portions, cutting evenly between the ribs to leave some meat on each portion.
- Rub the spice mixture into the rib portions front and back until all of the spice mixture has been used.
- Place the ribs into a resealable plastic bag, and refrigerate 4 hours to overnight.
- Letting the ribs sit overnight will give them the best flavor.

- When ready to cook, fill the water pan of your smoker with the apple, orange, lemon, lime, onion, red wine, and water. If you do not have a water pan, place the ingredients into a metal bowl, and set the bowl on the drip tray, above the heat source. Smoke with the wood chips of your choice at 250 to 300 degrees F (120 to 150 degrees C) until the ribs are no longer pink, and the meat easily pulls from the bone, 4 to 6 hours or more depending on the smoker and temperature. Change the wood chips according to manufacturer's directions.
- Preheat an outdoor grill for medium–low heat, and lightly oil grate. Stir together the soy sauce, lime juice, and ketchup in a bowl to make the barbeque sauce; set aside.
- After the ribs are fully cooked, remove them from the smoker, and brush them with the barbeque sauce. Cook on the preheated grill, brushing occasionally with the sauce, until the sauce has become sticky and infused into the ribs, 15 to 20 minutes.

Nutrition Facts

■ PROTEIN **22%**
■ FAT **73.76%**
■ CARBS **4.24%**

Properties

Glycemic Index:5.69, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:14.970869437508%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 448.52kcal (22.43%), Fat: 35.51g (54.63%), Saturated Fat: 11.41g (71.3%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.68g (2.98%), Cholesterol: 120.96mg (40.32%), Sodium: 804.68mg

(34.99%), Alcohol: 1.59g (100%), Alcohol %: 1% (100%), Protein: 23.83g (47.65%), Selenium: 33.5µg (47.85%), Vitamin B6: 0.91mg (45.51%), Vitamin B3: 7.25mg (36.27%), Vitamin B1: 0.49mg (32.91%), Zinc: 3.87mg (25.78%), Vitamin B2: 0.4mg (23.66%), Vitamin D: 3.48µg (23.18%), Phosphorus: 224.91mg (22.49%), Potassium: 436.89mg (12.48%), Vitamin B5: 1mg (9.99%), Vitamin B12: 0.57µg (9.58%), Iron: 1.71mg (9.52%), Magnesium: 30.21mg (7.55%), Copper: 0.15mg (7.31%), Vitamin A: 319.64IU (6.39%), Manganese: 0.11mg (5.72%), Vitamin E: 0.8mg (5.33%), Vitamin C: 3.95mg (4.79%), Calcium: 33.4mg (3.34%), Fiber: 0.66g (2.65%), Vitamin K: 1.35µg (1.28%)