



Smoked Bison Back Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings barbecue sauce for serving
- 1 slab bison back
- 1 teaspoon ground pepper
- 1 tablespoon garlic salt
- 0.5 teaspoon rosemary
- 0.3 teaspoon ground thyme
- 1 tablespoon lemon pepper

Equipment

- bowl
- knife
- aluminum foil
- cutting board

Directions

- Heat a cooker to 230° to 250°F.
- Remove the ribs from the refrigerator and outline them with a sharp, pointed paring knife.
- Combine all the ingredients for the rub in a small bowl and blend well. Season the ribs all over with the rub.
- Oil the grate and place the ribs on it bone side down over indirect heat. Cover and cook for 1 to 1 1/2 hours. Turn and cook for 45 minutes more, then turn and cook for another 45 minutes, or until pull-apart tender.
- Increase the heat to 350° to 400°F. Glaze the ribs with the sauce and cook for 5 to 7 minutes, being careful not to burn the ribs, then turn and glaze again and cook for another 5 to 7 minutes. Repeat 2 or 3 times, if desired.
- Transfer the ribs to a cutting board and let them rest, covered loosely with aluminum foil, for 10 to 15 minutes.
- Cut the ribs into individual pieces and serve with barbecue sauce.
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Nutrition Facts

■ PROTEIN 11.98% ■ FAT 16.9% ■ CARBS 71.12%

Properties

Glycemic Index:33.5, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.3839130168376%

Nutrients (% of daily need)

Calories: 7.8kcal (0.39%), Fat: 0.18g (0.28%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.39g (0.44%), Cholesterol: 0.16mg (0.05%), Sodium: 1755.28mg (76.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Manganese: 0.21mg (10.61%), Vitamin A: 221.26IU

(4.43%), Vitamin K: 3.95µg (3.76%), Fiber: 0.55g (2.21%), Iron: 0.29mg (1.63%), Copper: 0.02mg (1.22%), Vitamin E: 0.18mg (1.18%), Calcium: 10.39mg (1.04%)