



Smoked Pork Ribs

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 racks pork baby-back ribs
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon garlic salt
- ☐ 2 teaspoons ground coriander seed toasted
- ☐ 1 tablespoon honey
- ☐ 4 servings drizzle of honey
- ☐ 1 juice of lemon

- ☐ 1 pinch kosher salt
- ☐ 1 optional: lemon
- ☐ 1 tablespoon oregano
- ☐ 1 tablespoon oregano fresh
- ☐ 1 Teaspoon oregano fresh
- ☐ 0.5 small onion red minced
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings sea salt
- ☐ 2 teaspoons paprika smoked
- ☐ 1 Teaspoon thyme leaves fresh

Equipment

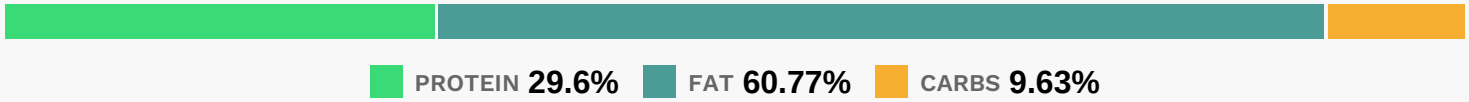
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix to combine all the rub ingredients. Moisten the ribs with lemon juice and then coat all sides with the rub, making sure to distribute evenly.
- ☐ Arrange the grill or smoker for indirect heating so the ribs will not be directly over the heat source. Using low heat and applewood chips (about half a pound), place ribs on cool part of the grill, wrap in foil, make a few incisions in the foil and smoke for 1 hour.
- ☐ Meanwhile, whisk together all glaze ingredients.
- ☐ After 1 hour, pour a third of the glaze on top of the ribs and seal tightly in the foil, being careful not to tear it. Do the same with remaining racks. Return ribs to the grill and cook meat-side down for 30 minutes, maintaining low heat. Occasionally check the grill to make sure it remains low. After 30 minutes, flip the foil bundles and continue cooking.
- ☐ After 1 hour of cooking, remove the ribs from the grill and let rest in the foil for 30 minutes. Meanwhile, raise grill heat to medium-high.

- ☐
- Cut the lemon in half and grill flesh-side down until nicely marked and slightly soft, 3 to 5 minutes.
- ☐
- When done resting, remove the ribs from the foil and place on the grill meat-side down and cook for 4 minutes. Flip and cook for another 2 minutes.
- ☐
- Remove the ribs from the grill and garnish with the grilled lemon, sea salt, oregano and extra virgin olive oil and a little drizzle of honey.

Nutrition Facts



Properties

Glycemic Index:65.51, Glycemic Load:6.16, Inflammation Score:-10, Nutrition Score:33.429130637127%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 734.29kcal (36.71%), Fat: 50.36g (77.47%), Saturated Fat: 16.98g (106.11%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 14.78g (5.38%), Sugar: 11.74g (13.04%), Cholesterol: 195.62mg (65.21%), Sodium: 2198.21mg (95.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.19g (110.37%), Selenium: 87.89µg (125.55%), Vitamin B3: 19.55mg (97.75%), Vitamin B1: 1.33mg (88.48%), Vitamin B6: 1.3mg (65.23%), Vitamin B2: 0.91mg (53.75%), Zinc: 7.47mg (49.77%), Phosphorus: 459.64mg (45.96%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.46mg (24.65%), Potassium: 852.9mg (24.37%), Vitamin C: 19.63mg (23.8%), Iron: 4.03mg (22.41%), Vitamin D: 3.12µg (20.79%), Vitamin K: 21.63µg (20.6%), Calcium: 161.39mg (16.14%), Copper: 0.32mg (16.09%), Magnesium: 63.96mg (15.99%), Vitamin E: 2.08mg (13.86%), Manganese: 0.27mg (13.59%), Vitamin A: 636.43IU (12.73%), Fiber: 3.17g (12.66%), Folate: 15.18µg (3.79%)