



 **63%**  
HEALTH SCORE

## Smoked Ribs with Carolina-Style BBQ Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**1155 min.**

SERVINGS



**4**

CALORIES



**1953 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup ancho chili powder
- 1 quart apple cider
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons pepper black freshly ground
- 2 chipotle chiles in adobo canned chopped
- 0.3 cup canola oil
- 0.5 teaspoon cayenne powder
- 2 teaspoons chile de árbol

- 0.7 cup cider vinegar
- 2 cups cider vinegar
- 0.3 cup brown sugar dark
- 0.7 cup dijon mustard
- 2 tablespoons mustard dry
- 6 cloves garlic coarsely chopped
- 2 tablespoons ground coriander
- 1 tablespoon ground cumin
- 2 tablespoons honey
- 2 cups catsup
- 1 tablespoon kosher salt
- 2 tablespoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons brown sugar light
- 2 tablespoons blackstrap molasses
- 2 medium onions spanish coarsely chopped
- 1 tablespoon oregano dried
- 2 tablespoons paprika
- 2 tablespoons paprika spanish
- 3 dashes pepper sauce hot (recommended: Tabasco)
- 2 racks st. pork ribs louis-style
- 0.7 cup water
- 2 tablespoons worcestershire sauce
- 4 servings mix of hickory and applewood chips
- 4 servings mix of hickory and applewood chips

## Equipment

- food processor
- bowl

- frying pan
- sauce pan
- pot

## Directions

- Watch how to make this recipe.
- Combine all the spices in a small bowl.
- Brush both sides of the racks with oil and rub with the spice mixture. Wrap in plastic and refrigerate for at least 12 hours.
- In a large pot over low heat, add all the mop ingredients. Bring to a simmer and cook until the sugar is dissolved.
- Let cool to room temperature.
- Remove the ribs from the refrigerator 45 minutes before smoking to allow them to come to room temperature.
- Add the mix of hickory and applewood chips to the smoker according to package instructions.
- Heat a smoker to 220 degrees F.
- Put the apple cider in a small heatproof pan in the smoker.
- Put the ribs directly on the smoker rack. Smoke for 6 hours, brushing the ribs with the mop every hour for the first 5 hours. During the last hour, brush the ribs with the North Carolina Barbecue Sauce every 10 minutes.
- Remove the ribs to a serving platter and serve.
- Heat the oil over medium-high heat in a heavy-bottomed medium saucepan.
- Add the onions and cook until soft, 3 to 4 minutes.
- Add the garlic and cook for 1 minute. Stir in the ketchup and water, bring to a boil and simmer for 5 minutes.
- Add the remaining ingredients and simmer until thickened, stirring occasionally, about 10 minutes. Cool for about 5 minutes.
- Carefully transfer the mixture to a food processor and puree until smooth. Season with salt and pepper, to taste, then pour into a bowl and allow to cool at room temperature. Sauce will keep for 1 week in the refrigerator, stored in a tightly sealed container.

# Nutrition Facts

PROTEIN 16.14% FAT 58.3% CARBS 25.56%

## Properties

Glycemic Index:122.76, Glycemic Load:21.4, Inflammation Score:-10, Nutrition Score:66.983913297239%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg, Quercetin: 13.66mg

## Nutrients (% of daily need)

Calories: 1952.96kcal (97.65%), Fat: 127.36g (195.93%), Saturated Fat: 36.14g (225.88%), Carbohydrates: 125.63g (41.88%), Net Carbohydrates: 110.99g (40.36%), Sugar: 91.52g (101.69%), Cholesterol: 364mg (121.33%), Sodium: 7542.55mg (327.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.34g (158.68%), Selenium: 130.1µg (185.85%), Vitamin B6: 3.54mg (176.95%), Vitamin A: 7725.75IU (154.51%), Vitamin B3: 26.35mg (131.73%), Vitamin B1: 1.74mg (116.02%), Manganese: 2.24mg (111.86%), Vitamin B2: 1.7mg (99.74%), Zinc: 13.5mg (89.98%), Vitamin E: 13.45mg (89.66%), Phosphorus: 893.98mg (89.4%), Potassium: 2773.09mg (79.23%), Iron: 13.33mg (74.07%), Vitamin D: 10.47µg (69.77%), Fiber: 14.64g (58.55%), Magnesium: 229.52mg (57.38%), Copper: 0.95mg (47.64%), Vitamin K: 49.44µg (47.09%), Vitamin B5: 3.69mg (36.91%), Calcium: 348.18mg (34.82%), Vitamin B12: 1.73µg (28.82%), Vitamin C: 21.87mg (26.51%), Folate: 44.23µg (11.06%)