

health-score 80%

HEALTH SCORE

Smoked Ribs With Dry Rub

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

180 min.

SERVINGS

servings

10

CALORIES

calories

717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup ancho chile powder
- ☐ 8 pounds baby back pork ribs
- ☐ 0.5 cup celery seeds toasted
- ☐ 0.5 cup chili powder
- ☐ 0.8 cup garlic powder
- ☐ 2 juice of lemon
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup oregano dried

- ☐ 1 cup paprika smoked
- ☐ 0.8 cup distilled vinegar white

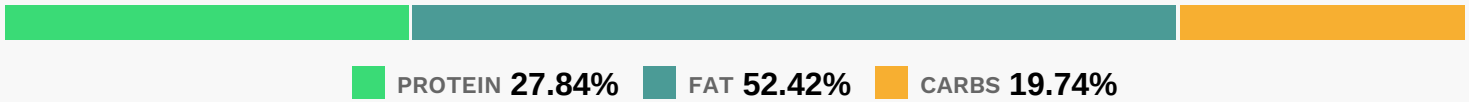
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Soak apple wood smoking chips in water, about 15 minutes. Set up a grill for indirect cooking over medium heat (leave one side with no heat source).
- ☐ Drain the wood chips. If using a gas grill, put the chips in a smoker box and place over the heat source; if using a charcoal grill, place the wet chips directly on top of the coals.
- ☐ Combine 1/4 cup salt, 2 tablespoons pepper, the garlic powder, oregano, celery seeds, paprika, chili powder and ancho chile powder in a bowl. Set aside about one-third of the mixture for sprinkling on the ribs when finished.
- ☐ Combine the vinegar, lemon juice and 1/4 cup water in a spritzer bottle. This will be used for basting, which will keep the ribs moist and tender and help the rub stick.
- ☐ Rub the ribs all over with the remaining dry rub, then put them on the cooler side of the grill (not over direct heat; you want the ribs to cook low and slow). Cover and cook 2 hours and 30 minutes, spraying the ribs with the vinegar mixture two or three times throughout the cooking. When the ribs are just about done, give them a final spray and sprinkle liberally with the reserved dry rub so the finished ribs are coated with all that delicious flavor.
- ☐ Photographs by James Baigrie

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:55.14913013707%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,

Naringenin: 0.08mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 41.93mg, Luteolin: 41.93mg, Luteolin: 41.93mg, Luteolin: 41.93mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 717.36kcal (35.87%), Fat: 44.58g (68.59%), Saturated Fat: 14.38g (89.9%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 20.44g (7.43%), Sugar: 3.97g (4.41%), Cholesterol: 157.74mg (52.58%), Sodium: 905.52mg (39.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.27g (106.54%), Vitamin A: 14182.31IU (283.65%), Selenium: 82.01µg (117.16%), Vitamin B6: 2.19mg (109.27%), Vitamin E: 15.6mg (103.97%), Vitamin B3: 20.43mg (102.17%), Vitamin B1: 1.26mg (83.73%), Iron: 13.5mg (75.02%), Manganese: 1.41mg (70.71%), Fiber: 17.34g (69.38%), Vitamin B2: 1.16mg (68.39%), Phosphorus: 583.04mg (58.3%), Zinc: 8.53mg (56.85%), Vitamin K: 54.92µg (52.31%), Potassium: 1713.12mg (48.95%), Copper: 0.77mg (38.41%), Magnesium: 144.77mg (36.19%), Calcium: 344.35mg (34.44%), Vitamin B5: 2.57mg (25.66%), Vitamin B12: 1.28µg (21.34%), Vitamin D: 2.51µg (16.76%), Folate: 29.35µg (7.34%), Vitamin C: 3.83mg (4.65%)