



## Smokey Mountain Pork Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



95 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bbq sauce
- 6 servings pepper black freshly ground
- 1 tablespoon brown sugar
- 3 pounds pork spareribs
- 1 teaspoon pepper flakes red crushed
- 6 servings salt
- 1 tablespoon irish whiskey
- 0.3 cup mustard yellow

## Equipment

sauce pan

## Directions

- Preheat outdoor smoker to approximately 225 degrees F.
- Remove silver skin from ribs, or have butcher do it for you.
- Brush with mustard then very generously season with salt and pepper, on both sides.
- Place in a smoker and cook until internal temperature reaches about 155 degrees F, about 1 1/2 to 2 hours.
- Serve with BBQ sauce on the side, if desired.
- In a small saucepan, combine all ingredients and bring to a simmer for a few minutes for flavors to combine.

## Nutrition Facts

 **PROTEIN 21.18%**  **FAT 71.43%**  **CARBS 7.39%**

## Properties

Glycemic Index:13.17, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:21.72173915026%

## Nutrients (% of daily need)

Calories: 690.59kcal (34.53%), Fat: 53.62g (82.5%), Saturated Fat: 17.12g (107.01%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.67g (4.24%), Sugar: 10.03g (11.14%), Cholesterol: 181.44mg (60.48%), Sodium: 743.15mg (32.31%), Alcohol: 0.9g (100%), Alcohol %: 0.43% (100%), Protein: 35.78g (71.56%), Selenium: 53.83µg (76.9%), Vitamin B6: 1.33mg (66.75%), Vitamin B3: 10.82mg (54.08%), Vitamin B1: 0.75mg (49.98%), Zinc: 5.79mg (38.63%), Vitamin B2: 0.59mg (34.87%), Vitamin D: 5.22µg (34.78%), Phosphorus: 337.07mg (33.71%), Potassium: 630.26mg (18.01%), Vitamin B5: 1.49mg (14.95%), Vitamin B12: 0.86µg (14.36%), Iron: 2.47mg (13.69%), Magnesium: 45.22mg (11.3%), Copper: 0.21mg (10.62%), Vitamin E: 1.19mg (7.96%), Manganese: 0.12mg (5.82%), Calcium: 51.74mg (5.17%), Fiber: 0.8g (3.21%), Vitamin A: 160.13IU (3.2%), Vitamin K: 1.1µg (1.05%)