



Smoky Ribs

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

READY IN



300 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lb baby back ribs
- 6 servings barbecue sauce
- 0.3 cup cajun spice
- 6 servings hickory wood chunks

Equipment

- knife
- grill
- aluminum foil

Directions

- Rinse and pat ribs dry.
- Remove thin membrane from back of ribs by slicing into it with a knife and then pulling. (This makes for more tender ribs and allows smoke and rub to penetrate meat better.)
- Sprinkle meat evenly with Cajun seasoning, and massage into meat.
- Let stand at room temperature 30 minutes.
- Soak wood chunks in water for at least 30 minutes.
- Prepare smoker according to manufacturer's directions. Bring internal temperature to 225 to 250; maintain temperature for 15 to 20 minutes.
- Drain wood chunks, and place on coals.
- Place rib slabs in a rib rack on upper cooking grate; cover with smoker lid.
- Smoke ribs, maintaining temperature in smoker between 225 and 250, for 3 1/2 to 4 hours.
- Remove ribs from grill, and wrap in heavy-duty aluminum foil; return ribs to smoker. Cover with smoker lid, and smoke 30 more minutes.
- Serve with barbecue sauce.
- Note: For testing purposes only, we used Luzianne Cajun Seasoning.

Nutrition Facts

PROTEIN 33.54% **FAT 64.63%** **CARBS 1.83%**

Properties

Glycemic Index:2.5, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:31.639565298091%

Nutrients (% of daily need)

Calories: 655.86kcal (32.79%), Fat: 47.29g (72.75%), Saturated Fat: 16.62g (103.89%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.8g (0.89%), Cholesterol: 197.18mg (65.73%), Sodium: 261.97mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.21g (110.42%), Selenium: 88.03µg (125.75%), Vitamin B3: 19.83mg (99.15%), Vitamin B1: 1.32mg (88.07%), Vitamin B6: 1.3mg (65.15%), Vitamin B2: 0.93mg (54.68%), Zinc: 7.46mg (49.73%), Vitamin A: 2281.54IU (45.63%), Phosphorus: 455.51mg (45.55%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.45mg (24.52%), Potassium: 810.76mg (23.16%), Vitamin D: 3.14µg (20.96%), Iron: 3.13mg (17.41%), Copper: 0.29mg (14.74%), Magnesium: 54.27mg (13.57%), Vitamin E: 2mg (13.36%), Calcium: 100.52mg (10.05%),

Fiber: 1.58g (6.32%), Manganese: 0.1mg (4.88%), Vitamin K: 3.63µg (3.46%)