



 **57%**
HEALTH SCORE

Smoky Sweet Spareribs With Sauce and Beans

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



4

CALORIES



2073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 56 ounces baked beans pit style for the crock pot (recommended Rock & Roll BBQ Beans)
- 0.5 tablespoon pepper black
- 1 dash pepper black
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 1 dash ground pepper
- 1.3 cups chicken broth

- 0.3 cup plus
- 1 garlic clove minced
- 0.5 teaspoon garlic powder
- 1 teaspoon ground mustard
- 1 teaspoon hot sauce (recommended Got the 2bleu's Hot Sauce)
- 0.3 cup catsup
- 1 dash kosher salt
- 1 teaspoon juice of lemon
- 2 tablespoons brown sugar light
- 2 tablespoons brown sugar light
- 2 tablespoons blackstrap molasses
- 2 cups onion chopped fine
- 0.5 teaspoon onion powder
- 2 tablespoons paprika
- 3 lbs fries
- 4 ounces root beer
- 0.5 tablespoon salt
- 2 lbs spare ribs louis style (1 full rack St ribs)
- 3 ounces tomato paste
- 2 teaspoons vegetable oil

Equipment

- frying pan
- sauce pan
- knife
- blender
- grill
- aluminum foil
- skewers

Directions

- WET SAUCE: In a heavy duty medium-sized saucepan, heat oil over medium heat.
- Add onion and garlic and simmer about 3 minutes.
- Add remaining sauce ingredients and stir to blend. Reduce heat to simmer and continue cooking, uncovered, for 2 hours or until reduced by half or to desired consistency.
- Let cool, then using an emulsifier (or use a blender), blend to a smooth consistency. This makes about 2 1/2 cups of wet sauce. Soak Hickory chips in water for at least 30 minutes. Meanwhile, prep ribs and grill. DRY RUB & RIB PREP: Clean ribs by rinsing in water. With a sharp knife, stab several times into the membrane/tissue that is on the less meaty side of the ribs (this will help the meat absorb the smoke). Make a 1" slice at the top of the ribs in between each bone (for easier cutting after they're done).
- Mix dry rub ingredients together and rub onto both sides of rib racks. Cover and refrigerate while you prepare the grill (can also be done the night before). GRILL PREP: Start coals in a chimney starter. When ready, spread coals onto bottom rack on 2 sides of the grill (leaving a space in the middle) and place a disposable drip pan in the center.
- Place 3/4 of the wood chips over coals then place cooking rack in position.
- Place ribs (meat side up) onto center of grill over drip pan.
- Place a sheet of foil snugly over the tops of the ribs.
- Place cover over grill and open vent directly above the position of the ribs. Cook for 1 hour. Turn ribs over, and cook an additional hour adding the remaining wood chips (and more coals if necessary). Have a sheet of heavy duty foil ready (large enough to encase the ribs).
- Remove ribs from grill and onto the foil.
- Place beans in a disposable foil pan. Stir in 1 cup of the wet sauce. Cover with HD foil and using a thin skewer, poke holes in the top.
- Place the beans on top of the disposable pan that's under the ribs to heat and smoke beans.
- Place the rib packets on the grill. Cover with vent over ribs and cook 30-45 minutes more.
- Remove ribs from packet and cut double ribs for serving. Take the crunchy brown/burnt edges and chop up coarsely.
- Add them to the beans and stir.
- Serve ribs with beans and side of remaining sauce.

Nutrition Facts

PROTEIN 10.86% FAT 40.98% CARBS 48.16%

Properties

Glycemic Index:107, Glycemic Load:90.53, Inflammation Score:-10, Nutrition Score:60.453043854755%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg, Quercetin: 16.39mg

Nutrients (% of daily need)

Calories: 2073.39kcal (103.67%), Fat: 97.5g (150%), Saturated Fat: 30.3g (189.38%), Carbohydrates: 257.77g (85.92%), Net Carbohydrates: 216.77g (78.83%), Sugar: 66.06g (73.4%), Cholesterol: 156.36mg (52.12%), Sodium: 4978.34mg (216.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.13g (116.26%), Fiber: 40.99g (163.98%), Manganese: 2.88mg (143.95%), Potassium: 3777.43mg (107.93%), Vitamin B6: 2.12mg (106.09%), Phosphorus: 989.16mg (98.92%), Vitamin B3: 18.46mg (92.29%), Selenium: 61.11µg (87.3%), Iron: 15.27mg (84.84%), Zinc: 11.63mg (77.51%), Vitamin B1: 1.07mg (71.62%), Magnesium: 280.48mg (70.12%), Copper: 1.34mg (66.76%), Folate: 240.48µg (60.12%), Vitamin C: 42.18mg (51.12%), Vitamin B2: 0.83mg (48.75%), Vitamin A: 2144.81IU (42.9%), Calcium: 364.03mg (36.4%), Vitamin B5: 3.6mg (36.03%), Vitamin D: 3.65µg (24.34%), Vitamin E: 3.02mg (20.12%), Vitamin K: 11.51µg (10.96%), Vitamin B12: 0.62µg (10.32%)