



Spareribs with Savory Sage Rub

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

READY IN



130 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons rosemary dried
- 1 teaspoon thyme dried
- 1 teaspoon garlic powder
- 1 tablespoon ground sage
- 1 tablespoon lemon pepper
- 4 pounds pork spareribs

Equipment

- bowl

grill

Directions

- Preheat an outdoor grill for high heat and lightly oil grate.
- In a small bowl, mix sage, lemon pepper, dried rosemary, garlic powder and dried thyme. Rub the mixture into pork spareribs.
- Place ribs on the prepared grill. Turning often, slowly cook approximately 2 hours, or to desired doneness.

Nutrition Facts

PROTEIN 22.63% **FAT 76.73%** **CARBS 0.64%**

Properties

Glycemic Index:13.38, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:20.990000021846%

Nutrients (% of daily need)

Calories: 632.56kcal (31.63%), Fat: 53.14g (81.76%), Saturated Fat: 17.11g (106.94%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.02g (0.02%), Cholesterol: 181.44mg (60.48%), Sodium: 184.19mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.53%), Selenium: 50.04µg (71.48%), Vitamin B6: 1.32mg (65.9%), Vitamin B3: 10.61mg (53.03%), Vitamin B1: 0.73mg (48.57%), Zinc: 5.71mg (38.07%), Vitamin D: 5.22µg (34.78%), Vitamin B2: 0.57mg (33.68%), Phosphorus: 323.02mg (32.3%), Potassium: 567.22mg (16.21%), Vitamin B12: 0.86µg (14.36%), Vitamin B5: 1.43mg (14.31%), Iron: 2.39mg (13.28%), Copper: 0.2mg (9.83%), Magnesium: 39.26mg (9.81%), Vitamin K: 7.66µg (7.29%), Manganese: 0.14mg (7.01%), Vitamin E: 0.88mg (5.85%), Calcium: 44.45mg (4.45%), Fiber: 0.38g (1.52%)