

health-score68%

HEALTH SCORE

Spice Rubbed Ribs with Chipotle-Honey Glaze

Gluten Free Dairy Free Very Healthy

READY IN

ready

840 min.

SERVINGS

servings

4

CALORIES

calories

1287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup ancho chili powder
- ☐ 0.3 cup pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 1.5 tablespoons chile de árbol
- ☐ 4 servings chipotle in adobo pureed to taste
- ☐ 3 tablespoons chipotle in adobo puree
- ☐ 2 racks country ribs
- ☐ 0.3 cup mustard dry

- ☐ 0.3 cup ground coriander
- ☐ 2 tablespoons ground cumin
- ☐ 1 Clove r honey to taste
- ☐ 1.5 cups r honey
- ☐ 0.3 cup kosher salt
- ☐ 2 tablespoons oregano dried
- ☐ 0.3 cup paprika spanish
- ☐ 4 servings parsley sprigs for garnish
- ☐ 4 servings salt and pepper

Equipment

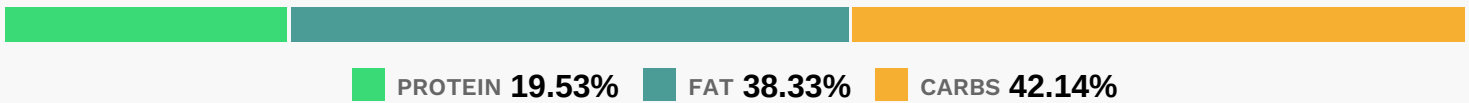
- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ loaf pan
- ☐ grill
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Charcoal briquettes Chimney starter and newspaper 4 cups hickory or oak wood chips, soaked in cold water for at least 60 minutes
- ☐ Combine all spices in a small bowl.
- ☐ Brush both sides of the racks with oil and liberally rub with the spice mixture. Wrap in plastic and refrigerate for at least 12 hours.
- ☐ Remove the ribs from the refrigerator 45 minutes before smoking to allow them to come to room temperature.
- ☐ Stuff several sheets of newspaper in the bottom of a charcoal chimney. Fill the chimney to the top with charcoal briquettes.

- ☐ Remove top rack from the barbecue.
- ☐ Put the chimney on the lower barbecue rack. Light the newspaper and let the charcoal burn until the ash is gray, about 20 minutes.
- ☐ Open bottom barbecue vent. Turn out the hot charcoal onto 1 half of bottom rack. Using a metal spatula, spread charcoal to cover approximately 1/3 of rack and scatter half of the soaked wood chips over the charcoal. Put a loaf pan with water onto the coals.
- ☐ Put the top rack on the barbecue.
- ☐ Put the ribs, rub side down, on the grill over indirect heat. Coals should be off to 1 side. Slowly cook the ribs until tender, adding more charcoal if needed, about 1 1/2 hours.
- ☐ Whisk all of the ingredients together in a small bowl.
- ☐ Begin brushing the glaze on the ribs during the last 30 minutes of cooking.
- ☐ Put the ribs on a baking sheet; brush with a little more of the glaze and let stand 10 minutes.
- ☐ Transfer the ribs to a cutting board and cut between the bones to separate the ribs. Arrange the ribs on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:52.64, Glycemic Load:56.8, Inflammation Score:-10, Nutrition Score:65.35565227011%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1286.77kcal (64.34%), Fat: 58.16g (89.47%), Saturated Fat: 9.24g (57.76%), Carbohydrates: 143.84g (47.95%), Net Carbohydrates: 121.98g (44.36%), Sugar: 111.02g (123.35%), Cholesterol: 216.45mg (72.15%), Sodium: 7960.67mg (346.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.68g (133.36%), Vitamin A: 11053.79IU (221.08%), Selenium: 120.32µg (171.88%), Manganese: 3.11mg (155.73%), Vitamin K: 153.63µg (146.31%), Vitamin B6: 2.42mg (120.76%), Vitamin E: 15.86mg (105.73%), Fiber: 21.86g (87.43%), Vitamin B1: 1.3mg (86.52%), Iron: 15mg (83.32%), Phosphorus: 799.07mg (79.91%), Zinc: 10.92mg (72.81%), Vitamin B2: 1.23mg (72.33%), Vitamin B3: 14.12mg (70.61%), Potassium: 2122.73mg (60.65%), Vitamin B5: 5.45mg (54.47%), Magnesium: 204.64mg (51.16%),

Vitamin B12: 2.92µg (48.75%), Copper: 0.93mg (46.66%), Calcium: 372.34mg (37.23%), Vitamin C: 21.72mg (26.33%), Vitamin D: 2.05µg (13.65%), Folate: 45.41µg (11.35%)