



WHATSheATE



Spice Rubbed Smoked Ribs with Maple-Horseradish Baste

READY IN



135 min.

SERVINGS



8

CALORIES



1806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 3 tablespoons ancho chili powder
- ☐ 3 tablespoons new mexican chili powder
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 cup horseradish prepared drained

- ☐ 2 tablespoons kosher salt
- ☐ 2 cups maple syrup pure
- ☐ 0.3 cup paprika spanish
- ☐ 3 cups wood chips hickory, mesquite, or applewood
- ☐ 12 pounds pork ribs
- ☐ 8 servings salt and pepper freshly ground

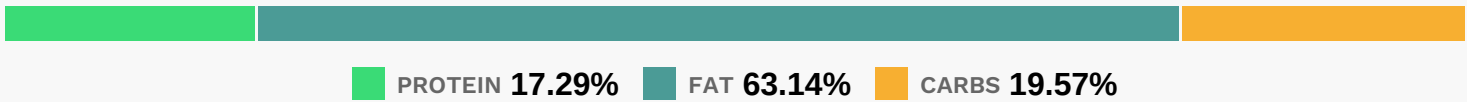
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk all ingredients together in a medium bowl. Season with salt and pepper, to taste.
- ☐ Stir spices together in a medium bowl.
- ☐ About 1/2 hour before cooking time, soak hickory chips in enough water to cover.
- ☐ Drain chips. In a covered grill, place slow burning charcoal in both sides of a drip pan.
- ☐ Sprinkle coals with wood chips.
- ☐ Rub top side of each rack of ribs with about 3 tablespoons of the rub.
- ☐ Place ribs, bone side down, on grill. Close cover or place cover on the smoker. Grill about 1 1/2 hours, adding chips every 20 minutes. During the last 10 minutes of grilling, brush liberally with the Maple-Horseradish Glaze.

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:35.02, Inflammation Score:-9, Nutrition Score:53.559130502784%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1805.93kcal (90.3%), Fat: 126.37g (194.41%), Saturated Fat: 40.12g (250.75%), Carbohydrates: 88.08g (29.36%), Net Carbohydrates: 80.13g (29.14%), Sugar: 50.27g (55.86%), Cholesterol: 381.02mg (127.01%), Sodium: 2986.75mg (129.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.87g (155.74%), Selenium: 108.75µg (155.36%), Vitamin B6: 3.08mg (153.82%), Vitamin B2: 2.33mg (137.03%), Vitamin B3: 25.28mg (126.38%), Manganese: 2.38mg (118.93%), Vitamin B1: 1.68mg (111.7%), Zinc: 13.33mg (88.89%), Phosphorus: 780.82mg (78.08%), Vitamin D: 10.95µg (73.03%), Potassium: 1943.62mg (55.53%), Vitamin A: 2285.11IU (45.7%), Iron: 7.72mg (42.89%), Vitamin B5: 3.57mg (35.7%), Magnesium: 133.88mg (33.47%), Fiber: 7.94g (31.78%), Vitamin E: 4.57mg (30.5%), Vitamin B12: 1.81µg (30.16%), Copper: 0.52mg (25.94%), Calcium: 220.73mg (22.07%), Vitamin C: 17.66mg (21.4%), Vitamin K: 8.81µg (8.39%), Folate: 33.31µg (8.33%)