

## Spicy Pork Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 slabs baby back ribs ()
- ☐ 24 oz beer
- ☐ 1 tablespoon garlic minced
- ☐ 0.8 cup harissa paste
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lemon fresh

## Equipment

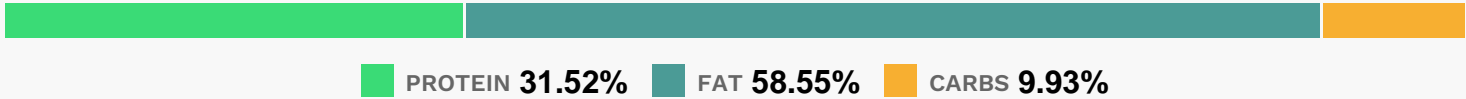
- ☐ bowl

- ☐ plastic wrap
- ☐ grill
- ☐ butter knife

## Directions

- ☐ In a small bowl, stir together harissa, lemon juice, and garlic. Set aside.
- ☐ Rinse ribs and pat dry. Use a dull butter knife to loosen thin papery membrane that runs along underside, then pull it off with your fingers. Rub ribs generously on both sides with salt and pepper, then slather all over with harissa rub. Wrap ribs in plastic wrap and marinate, refrigerated, for at least 8 and up to 24 hours.
- ☐ Set up a charcoal or gas grill for medium indirect heat (300 to 350; you should be able to hold your hand 1 to 2 in. above the hottest area of grill level only 4 to 5 seconds).
- ☐ Place ribs, bone side down, in cooler part of the grill; close lid. Cook, basting gently with beer on both sides every 10 minutes (keep ribs bone side down), until ribs are tender and cooked through and meat has shrunk back from ends of the bones, 40 to 50 minutes total. Try to keep harissa paste on the ribs while basting.
- ☐ Serve ribs hot, with salad.

## Nutrition Facts



## Properties

Glycemic Index:12.81, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:16.439130596493%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 380.62kcal (19.03%), Fat: 23.25g (35.76%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.56g (3.95%), Cholesterol: 97.81mg (32.6%), Sodium: 469.93mg (20.43%), Alcohol: 3.32g (100%), Alcohol %: 1.62% (100%), Protein: 28.16g (56.31%), Selenium: 44.46µg (63.52%), Vitamin B3: 10.46mg (52.32%), Vitamin B1: 0.68mg (45.24%), Vitamin B6: 0.69mg (34.68%), Vitamin B2: 0.47mg (27.86%), Phosphorus: 245.65mg (24.56%), Zinc: 3.67mg (24.44%), Potassium: 478.92mg (13.68%), Vitamin B12: 0.81µg (13.51%), Vitamin B5: 1.21mg (12.09%), Vitamin D: 1.56µg (10.4%), Copper: 0.17mg (8.59%), Vitamin C: 6.58mg (7.98%), Magnesium: 31.61mg (7.9%), Iron: 1.33mg (7.39%), Vitamin E: 0.84mg (5.61%), Calcium: 55.05mg (5.51%), Vitamin A: 206.2IU (4.12%), Fiber: 0.68g (2.71%), Manganese: 0.05mg (2.41%), Folate: 8.58µg (2.14%), Vitamin K: 1.51µg (1.44%)