



Steve's Bodacious Barbecue Ribs



Gluten Free



Dairy Free

READY IN



1050 min.

SERVINGS



10

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 teaspoons ground cumin
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black

- ☐ 1 teaspoon onion powder
- ☐ 2 tablespoons paprika
- ☐ 2 pounds hickory wood chips
- ☐ 5 pounds pork spareribs
- ☐ 1 tablespoon salt

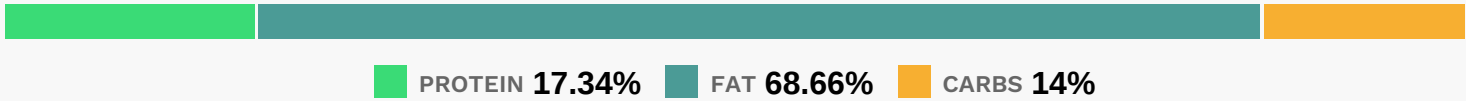
Equipment

- ☐ bowl
- ☐ roasting pan

Directions

- ☐ In a medium bowl, stir together paprika, cayenne pepper, garlic powder, onion powder, salt, ground black pepper, cumin, brown sugar, cinnamon, cloves, and nutmeg. Apply liberally to the ribs.
- ☐ Place ribs in a large roasting pan, cover, and refrigerate overnight.
- ☐ Remove ribs from the refrigerator 1 hour before smoking.
- ☐ Prepare an outdoor smoker, bringing the temperature to 200 to 225 degrees F (95 to 110 degrees C).
- ☐ Smoke ribs for 6 to 8 hours, adding wood chips to maintain a steady smoke (approximately one handful every 30 to 45 minutes). Ribs are done when crispy outside and tender inside.
- ☐ Remove from smoker, and set aside for 15 to 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:15.08, Inflammation Score:-6, Nutrition Score:26.364348199057%

Nutrients (% of daily need)

Calories: 879.52kcal (43.98%), Fat: 66.96g (103.02%), Saturated Fat: 21.25g (132.82%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 25.92g (9.43%), Sugar: 1.95g (2.17%), Cholesterol: 181.44mg (60.48%), Sodium:

1328.5mg (57.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.04g (76.09%), Vitamin B6: 1.51mg (75.48%), Selenium: 50.61µg (72.3%), Vitamin B3: 12.79mg (63.96%), Vitamin B1: 0.8mg (53.4%), Zinc: 6.08mg (40.52%), Phosphorus: 399mg (39.9%), Vitamin B2: 0.62mg (36.4%), Vitamin D: 5.22µg (34.78%), Potassium: 993.34mg (28.38%), Iron: 3.91mg (21.72%), Vitamin B5: 1.95mg (19.52%), Fiber: 4.82g (19.26%), Manganese: 0.33mg (16.33%), Vitamin A: 779.16IU (15.58%), Magnesium: 58mg (14.5%), Vitamin B12: 0.86µg (14.36%), Copper: 0.23mg (11.6%), Vitamin E: 1.33mg (8.85%), Vitamin C: 5.96mg (7.23%), Calcium: 53.93mg (5.39%), Folate: 21.25µg (5.31%), Vitamin K: 1.69µg (1.61%)