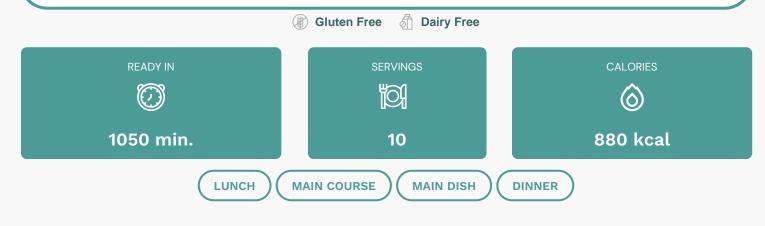


Steve's Bodacious Barbecue Ribs



Ingredients

1.	5 tablespoons brown sugar
1	teaspoon cayenne pepper
1	teaspoon garlic powder
o	0.3 teaspoon ground cinnamon
o	0.1 teaspoon ground cloves
2	teaspoons ground cumin
o	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	
Diı	rections	
	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		
PROTEIN 17.34% FAT 68.66% CARBS 14%		
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 %: O% (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%)