



Tequila BBQ Spare Ribs

 **Gluten Free**  **Dairy Free**

READY IN

ready

225 min.

SERVINGS

servings

6

CALORIES

calories

1921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1 small california/new mexico chile dried
- ☐ 1 tablespoon garlic fresh minced
- ☐ 2 tablespoons sea salt
- ☐ 2 tablespoons ground cumin
- ☐ 2 teaspoons ground pepper black
- ☐ 2 tablespoons kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon blackstrap molasses
- ☐ 2 tablespoons onion powder
- ☐ 2 tablespoons paprika
- ☐ 8 pound pork spareribs
- ☐ 0.5 cup tequila white
- ☐ 6 ounce tomato paste canned

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

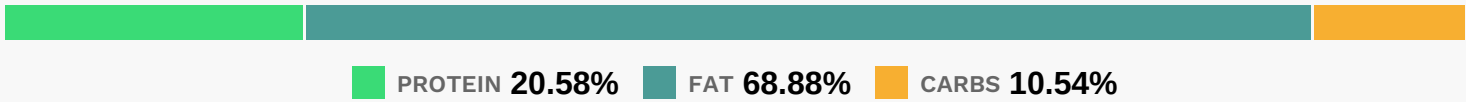
Directions

- ☐ Preheat the oven to 275 degrees F.
- ☐ Begin by trimming the ribs of any excess fat or sinew.
- ☐ Remove the thin membrane from the back side of the ribs and discard. Make the rub by combining the cumin, garlic, onion powder, paprika, salt, pepper and ancho chile powder together in a mixing bowl.
- ☐ Set a few large sheets of foil out (one set for each slab).
- ☐ Place 1 rack on each sheet and divide the dry rub between each slab. Rub the mixture into the ribs on both sides, and then fold the foil over to form a sealed pouch around each rack. At this stage make sure the racks are meat-side down.
- ☐ Place each pouch on a roasting tray and bake in the oven for 2 hours. After 2 hours, open up the foil and peel back so the ribs are exposed. Carefully turn the meat over so the meat side

is on top, and then cook for 1 1/2 more hours with the open foil. When done, the ribs will be tender and the meat will have shrunk back from the bones. Finish under the broiler to add more color, 1 to 2 minutes.

- ☐ Serve the ribs with Tequila BBQ Sauce.
- ☐ Begin by placing the dried chile in a bowl with 1/4 cup hot water to rehydrate. In a medium saucepan, add the tomato paste, light brown sugar, tequila, lime juice, garlic and molasses. Stir well and bring to a gentle simmer.
- ☐ Add in the chile and soaking water, season with salt and pepper and simmer until the flavors meld together, 2 to 3 minutes. Process with a blender until smooth and serve with the ribs as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:50.434782473937%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1920.77kcal (96.04%), Fat: 142.51g (219.25%), Saturated Fat: 45.66g (285.39%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 46.42g (16.88%), Sugar: 40.42g (44.91%), Cholesterol: 483.83mg (161.28%), Sodium: 2879.45mg (125.19%), Alcohol: 6.68g (100%), Alcohol %: 1.16% (100%), Protein: 95.83g (191.66%), Selenium: 135.83µg (194.04%), Vitamin B6: 3.74mg (186.93%), Vitamin B3: 29.14mg (145.68%), Vitamin B1: 2.01mg (133.86%), Zinc: 15.67mg (104.46%), Vitamin B2: 1.59mg (93.44%), Vitamin D: 13.91µg (92.73%), Phosphorus: 909.87mg (90.99%), Potassium: 1846.71mg (52.76%), Iron: 8.62mg (47.89%), Vitamin B5: 4.08mg (40.79%), Vitamin B12: 2.3µg (38.3%), Magnesium: 134.7mg (33.67%), Copper: 0.67mg (33.35%), Vitamin A: 1415.2IU (28.3%), Manganese: 0.5mg (24.91%), Vitamin E: 3.57mg (23.81%), Vitamin C: 17.58mg (21.31%), Calcium: 183.47mg (18.35%), Fiber: 2.65g (10.59%), Vitamin K: 6.33µg (6.03%), Folate: 11.14µg (2.78%)