



Texas Pork Ribs

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

READY IN

ready

810 min.

SERVINGS

servings

12

CALORIES

calories

907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons pan drippings
- ☐ 4 tablespoons brown sugar
- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 12 servings cayenne pepper to taste
- ☐ 2 tablespoons garlic powder
- ☐ 2.5 tablespoons ground pepper black
- ☐ 4 cups catsup
- ☐ 0.5 cup onion chopped

- ☐ 1 cup wood chips
- ☐ 6 pounds pork spareribs
- ☐ 0.3 cup salt
- ☐ 12 servings salt and pepper to taste
- ☐ 3 tablespoons paprika sweet
- ☐ 3 cups water hot
- ☐ 1.5 cups sugar white

Equipment

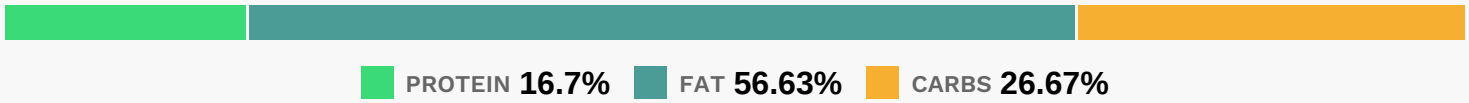
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Clean the ribs, and trim away any excess fat. In a medium bowl, stir together the sugar, 1/4 cup salt, ground black pepper, paprika, 1 teaspoon cayenne pepper, and garlic powder. Coat ribs liberally with spice mix.
- ☐ Place the ribs in two 10x15 inch roasting pans, piling two racks of ribs per pan. Cover, and refrigerate for at least 8 hours.
- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Bake uncovered for 3 to 4 hours, or until the ribs are tender and nearly fall apart.
- ☐ Remove 5 tablespoons of drippings from the bottom of the roasting pans, and place in a skillet over medium heat. Cook onion in pan drippings until lightly browned and tender. Stir in ketchup, and heat for 3 to 4 more minutes, stirring constantly. Next, mix in water and brown sugar, and season to taste with cayenne pepper, salt, and pepper. Reduce heat to low, cover, and simmer for 1 hour, adding water as necessary to achieve desired thickness.
- ☐ Preheat grill for medium-low heat.
- ☐ When ready to grill, add soaked wood chips to the coals or to the smoker box of a gas grill. Lightly oil grill grate.

Place ribs on the grill two racks at a time so they are not crowded. Cook for 20 minutes, turning occasionally. Baste ribs with sauce during the last 10 minutes of grilling, so the sauce does not burn.

Nutrition Facts



Properties

Glycemic Index:23.12, Glycemic Load:21.29, Inflammation Score:-9, Nutrition Score:29.016086910082%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 907.43kcal (45.37%), Fat: 57.86g (89.01%), Saturated Fat: 18.46g (115.4%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 58.42g (21.25%), Sugar: 46.6g (51.78%), Cholesterol: 184.32mg (61.44%), Sodium: 3613.96mg (157.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.8%), Vitamin B6: 1.61mg (80.26%), Selenium: 52.95µg (75.64%), Vitamin B3: 12.87mg (64.33%), Vitamin B1: 0.79mg (52.42%), Vitamin B2: 0.77mg (45.12%), Vitamin A: 2181.95IU (43.64%), Zinc: 6.17mg (41.15%), Phosphorus: 388.51mg (38.85%), Vitamin D: 5.23µg (34.85%), Potassium: 1005.11mg (28.72%), Vitamin E: 3.2mg (21.32%), Manganese: 0.41mg (20.48%), Iron: 3.44mg (19.13%), Vitamin B5: 1.68mg (16.79%), Copper: 0.32mg (16.04%), Magnesium: 62.4mg (15.6%), Vitamin B12: 0.89µg (14.89%), Fiber: 2.88g (11.51%), Vitamin C: 6.7mg (8.12%), Vitamin K: 7.62µg (7.26%), Calcium: 70.38mg (7.04%), Folate: 16.84µg (4.21%)