

Fall-To-Pieces Ribs

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Servings: 2

RIB RUB

1 teaspoon celery seeds
1 tablespoon coarse salt
2 tablespoons sweet Hungarian
paprika
1 teaspoon granulated garlic or garlic
powder

RIBS

1 large (2 to 2-1/2 pounds) meaty
rack of baby back or St. Louis pork
ribs
1/4 cup white vinegar
1 teaspoon salt
1/2 teaspoon liquid smoke (optional)

To prepare the rub: combine the celery seeds,
salt, paprika and garlic powder.

Preheat the oven to 275 degrees.

Place the ribs on a large, rimmed baking sheet.
Sprinkle the rub over the ribs and massage into
both sides.

Bake for three to four hours for baby back ribs or
four to five hours for St. Louis ribs. If at any
point the ribs seem to be browning excessively,
turn the heat down to 250 degrees.

Combine the vinegar, salt and liquid smoke, if
using. About one hour before the ribs are done,
brush the mixture over the ribs every 15 minutes
or so.

Use a sharp knife to cut the racks into individual
ribs and give them one last brush with the
remaining vinegar mixture.

Per Serving (excluding unknown
items): 8 Calories; trace Fat (20.3%
calories from fat); trace Protein; 2g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 3888mg Sodium.
Exchanges: 0 Grain(Starch); 0
Lean Meat; 0 Fat; 0 Other
Carbohydrates.

Pork

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|------|
| Calories (kcal): | 8 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 20.3% | Vitamin B12 (mcg): | 0mcg |

% Calories from Carbohydrates: 73.2%
 % Calories from Protein: 6.4%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 2g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 3888mg
 Potassium (mg): 45mg
 Calcium (mg): 47mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 1IU
 Vitamin A (r.e.): 0RE

Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): 0mg
 Folic Acid (mcg): trace
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 8 Calories from Fat: 2

% Daily Values*

Total Fat trace 0%
 Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium 3888mg 162%
Total Carbohydrates 2g 1%
 Dietary Fiber trace 1%
Protein trace

Vitamin A 0%
Vitamin C 0%
Calcium 5%
Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.