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## Memphis Ribs Half Rack ·°

Memphis-style ribs are known for their dry rub seasoning and slow cooking process. The ribs are seasoned with a blend of spices, including paprika, garlic powder, onion powder, black pepper, and cayenne pepper. They are then slow-cooked over indirect heat until tender and flavorful. This recipe yields a half rack of ribs, perfect for a small gathering or a delicious dinner for two.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 180 mins

**Total Time:** 195 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

4 tbsp    memphis-style dry rub seasoning

0.5  
racks    pork ribs

# Directions

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## Step 1

Grilling

Preheat the grill to 225°F (107°C) for indirect cooking.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Rub the dry seasoning all over the ribs, ensuring an even coating.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Grilling

Place the ribs on the grill, bone side down, and close the lid. Cook for 2-3 hours, or until the meat is tender and pulls away from the bone.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

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## Step 4

Resting

Remove the ribs from the grill and let them rest for 10 minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 25 g

**Protein:** 60 g

**Carbohydrates:** 0 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	60 g	352.94%	352.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	25 g	89.29%	100%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	25 mg	227.27%	312.5%
Selenium	70 mcg	127.27%	127.27%

## Recipe Attributes

### Events

Barbecue

### Meal Type

Breakfast

Lunch

Dinner

Snack

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Drinks

Salads

Snacks

Sauces & Dressings

### Cultural

Diwali

Oktoberfest

### Cost

\$40 to \$50

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

## Difficulty Level

Easy

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