

Amazing Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



310 min.

SERVINGS



12

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups barbecue sauce
- ☐ 24 ounce porter beer room temperature
- ☐ 1 pinch pepper black
- ☐ 1 pinch pepper red crushed
- ☐ 6 pounds pork baby back ribs
- ☐ 1 pinch salt

Equipment

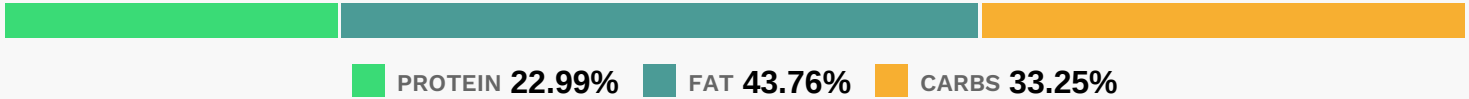
- ☐ pot

- ☐ grill
- ☐ slow cooker

Directions

- ☐ Cut ribs into small portions of 2 or 3 bones each. Bring a large pot of water to a boil. Season water a pinch each of salt, black pepper, and crushed red pepper to the water. Boil ribs in seasoned water for 20 minutes.
- ☐ Drain, and let the ribs sit for about a half an hour.
- ☐ Meanwhile, preheat an outdoor grill for high heat.
- ☐ Lightly coat the ribs with barbecue sauce. Cook the ribs over high heat for a 5 to 10 minutes on each side to get a nice grilled look to them.
- ☐ Place grilled ribs in a slow cooker.
- ☐ Pour remaining barbecue sauce and one bottle of beer over the ribs; this should cover at least half of the ribs. Cover, and cook on High for 3 hours. Check ribs every hour or so, and add more beer if needed to dilute sauce. Stir to get the ribs on top into the sauce. The ribs are done when the meat is falling off the bone. The ribs were cooked completely in the first process, the rest is about flavor and texture.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:17.183478166228%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 508.45kcal (25.42%), Fat: 23.93g (36.82%), Saturated Fat: 8.31g (51.91%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 40.06g (14.57%), Sugar: 31.65g (35.17%), Cholesterol: 98.59mg (32.86%), Sodium: 1111.88mg (48.34%), Alcohol: 2.21g (100%), Alcohol %: 0.95% (100%), Protein: 28.29g (56.58%), Selenium: 45.45µg

(64.92%), Vitamin B3: 10.54mg (52.71%), Vitamin B1: 0.68mg (45.18%), Vitamin B6: 0.7mg (35.04%), Vitamin B2: 0.5mg (29.61%), Zinc: 3.8mg (25.32%), Phosphorus: 247.08mg (24.71%), Potassium: 589.67mg (16.85%), Vitamin B12: 0.81µg (13.52%), Vitamin B5: 1.35mg (13.49%), Vitamin D: 1.57µg (10.48%), Copper: 0.2mg (10.08%), Magnesium: 38.68mg (9.67%), Iron: 1.71mg (9.5%), Calcium: 78.09mg (7.81%), Vitamin E: 1.11mg (7.39%), Manganese: 0.14mg (6.86%), Vitamin A: 247.5IU (4.95%), Fiber: 0.86g (3.45%), Vitamin K: 1.74µg (1.66%), Folate: 5.31µg (1.33%)