



WHATSheATE



Barbecue: Pineapple-Braised Ribs with Honey-Garlic Tomato Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



655 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 cup apple juice
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon celery seed
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 1 teaspoon garlic fresh minced

- ☐ 0.1 cup honey
- ☐ 2 cups catsup
- ☐ 0.1 cup olive oil
- ☐ 0.1 cup onion chopped
- ☐ 3 cups pineapple juice
- ☐ 2 pork spareribs racks of
- ☐ 4 servings big daddy's taco rub dry your favorite
- ☐ 0.5 teaspoon salt
- ☐ 0.8 tablespoon worcestershire sauce

Equipment

- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Remove the membrane and trim the ribs. Rub each rack liberally with your favorite dry rub.
- ☐ Place ribs in the refrigerator over night.
- ☐ Lightly sauté the onions and garlic with the olive oil in a saucepan.
- ☐ Add the remaining glaze ingredients and heat until the sauce bubbles.
- ☐ Remove from the heat and let cool to room temperature.
- ☐ Remove the ribs from the fridge while you preheat your smoker to 225 degrees.
- ☐ Place the ribs in the smoker, meat side up, and smoke for 3 hours at 225 degrees.
- ☐ Remove the ribs and wrap each slab meat-side down in double aluminum foil.
- ☐ Pour 1 1/2 cups of pineapple juice over each rack and seal foil tightly.
- ☐ Place ribs back into the smoker and cook for an additional hour.
- ☐ Remove ribs from the smoker and the foil. Lightly apply more dry rub, and then place back into smoker, meat side up, to cook for an additional hour or until done.
- ☐ Brush glaze on top of the ribs and continue to cook until the sauce caramelizes.
- ☐ Remove from the smoker, slice, and serve.

Nutrition Facts

PROTEIN 6.58%

FAT 27.42%

CARBS 66%

Properties

Glycemic Index:75.01, Glycemic Load:16.61, Inflammation Score:-7, Nutrition Score:18.883043434309%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 654.79kcal (32.74%), Fat: 20.62g (31.72%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 111.68g (37.23%), Net Carbohydrates: 110.4g (40.14%), Sugar: 95.67g (106.29%), Cholesterol: 45.2mg (15.07%), Sodium: 1486.06mg (64.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.27%), Manganese: 1.36mg (68.07%), Vitamin B6: 0.77mg (38.34%), Vitamin C: 24.44mg (29.63%), Potassium: 878.99mg (25.11%), Vitamin B3: 4.91mg (24.54%), Vitamin K: 24.98µg (23.79%), Vitamin B2: 0.4mg (23.59%), Vitamin B1: 0.32mg (21.06%), Selenium: 14.44µg (20.63%), Vitamin E: 3.08mg (20.55%), Iron: 3.01mg (16.73%), Copper: 0.33mg (16.7%), Vitamin A: 785.61IU (15.71%), Magnesium: 60.35mg (15.09%), Phosphorus: 142.08mg (14.21%), Zinc: 1.98mg (13.19%), Calcium: 120.91mg (12.09%), Folate: 47.6µg (11.9%), Vitamin D: 1.3µg (8.66%), Vitamin B5: 0.6mg (6%), Fiber: 1.28g (5.14%), Vitamin B12: 0.21µg (3.58%)