

# Barbecue Ribs

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

READY IN



195 min.

SERVINGS



8

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup brown sugar
- 0.5 cup chile sauce
- 1 teaspoon mustard dry
- 2 cloves garlic crushed
- 1 dash ground pepper black
- 0.3 cup catsup
- 4 pounds pork spareribs
- 0.3 cup rum

- 0.3 cup soya sauce
- 0.3 cup worcestershire sauce

## Equipment

- bowl
- oven
- roasting pan
- grill
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut spareribs into serving size portions, wrap in double thickness of foil, and bake for 1 1/2 hours. Unwrap, and drain drippings. (I usually freeze the drippings to use later in soups.)
- Place ribs in a large roasting pan.
- In a bowl, mix together brown sugar, ketchup, soy sauce, Worcestershire sauce, rum, chile sauce, garlic, mustard, and pepper. Coat ribs with sauce and marinate at room temperature for 1 hour, or refrigerate overnight.
- Preheat grill for medium heat. Position grate four inches above heat source.
- Brush grill grate with oil.
- Place ribs on grill, and cook for 30 minutes, basting with marinade.

## Nutrition Facts



**PROTEIN 18.93%** **FAT 62.79%** **CARBS 18.28%**

## Properties

Glycemic Index:11.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:21.835652147946%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 788.16kcal (39.41%), Fat: 53.18g (81.82%), Saturated Fat: 17.08g (106.77%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 34.1g (12.4%), Sugar: 31.84g (35.38%), Cholesterol: 181.44mg (60.48%), Sodium: 1502.84mg (65.34%), Alcohol: 2.51g (100%), Alcohol %: 1.05% (100%), Protein: 36.07g (72.15%), Selenium: 51.01µg (72.87%), Vitamin B6: 1.35mg (67.49%), Vitamin B3: 11.08mg (55.38%), Vitamin B1: 0.74mg (49.24%), Zinc: 5.77mg (38.44%), Vitamin B2: 0.61mg (35.63%), Vitamin D: 5.22µg (34.78%), Phosphorus: 340.95mg (34.1%), Potassium: 695.79mg (19.88%), Iron: 2.95mg (16.41%), Vitamin B5: 1.49mg (14.91%), Vitamin B12: 0.86µg (14.36%), Copper: 0.23mg (11.67%), Magnesium: 44.89mg (11.22%), Calcium: 70.69mg (7.07%), Vitamin E: 0.97mg (6.46%), Manganese: 0.11mg (5.27%), Fiber: 0.73g (2.92%), Vitamin C: 1.68mg (2.03%)