



## BBQ Bourbon Ribs

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup bull's-eye original barbecue sauce
- 1.5 tsp pepper black
- 2 Tbsp bourbon
- 2 Tbsp brown sugar
- 2 tsp garlic powder
- 0.5 cup orange juice
- 1 Tbsp paprika
- 3 lb pork baby back ribs

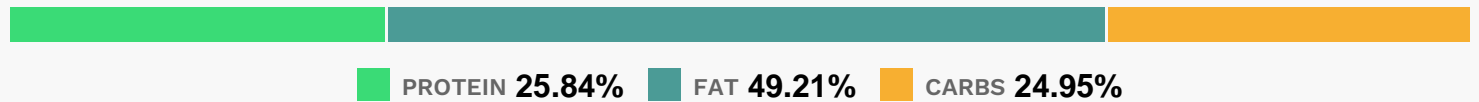
## Equipment

- grill
- aluminum foil

## Directions

- Heat grill to medium heat.
- Place half the ribs in single layer on center of large sheet of heavy-duty foil.
- Mix sugar and seasonings; rub half evenly onto both sides of ribs. Bring up foil sides. Double fold top and one end to seal packet.
- Add 1/4 cup orange juice to packet through open end. Double fold remaining end, leaving room for heat to circulate inside. Repeat to make second packet.
- Place packets on grate of grill; cover with lid. Grill 45 min. to 1 hour or until ribs are done.
- Remove ribs from foil; discard foil.
- Return ribs to grill; brush with combined barbecue sauce and bourbon. Grill 15 min., turning occasionally and brushing with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:7.93, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:7.2165217840153%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 178.39kcal (8.92%), Fat: 9.54g (14.67%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 10.45g (3.8%), Sugar: 8.63g (9.59%), Cholesterol: 39.44mg (13.15%), Sodium: 247.26mg (10.75%), Alcohol: 0.67g (100%), Alcohol %: 0.95% (100%), Protein: 11.27g (22.54%), Selenium: 17.96µg (25.65%), Vitamin B3: 4.07mg (20.36%), Vitamin B1: 0.28mg (18.44%), Vitamin B6: 0.28mg (13.83%), Vitamin B2: 0.19mg (11.42%), Zinc: 1.52mg (10.16%), Phosphorus: 96.83mg (9.68%), Potassium: 222.03mg (6.34%), Vitamin A: 296.2IU

(5.92%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.32µg (5.33%), Vitamin C: 4.26mg (5.16%), Vitamin D: 0.63µg (4.19%), Iron: 0.72mg (4.02%), Copper: 0.08mg (3.93%), Magnesium: 14.14mg (3.54%), Manganese: 0.07mg (3.39%), Vitamin E: 0.43mg (2.87%), Calcium: 28.5mg (2.85%), Fiber: 0.43g (1.74%)