



BBQ Ribs with Root Beer BBQ Sauce

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

READY IN



705 min.

SERVINGS



6

CALORIES



1245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 6 servings canola oil for brushing
- 4 cinnamon sticks
- 2 tablespoons ginger fresh finely grated
- 2 cloves garlic finely chopped
- 1 juice of lemon finely grated
- 2 cups catsup
- 0.5 cup kosher salt

- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup brown sugar light
- 0.3 cup blackstrap molasses
- 2 tablespoons blackstrap molasses
- 2 teaspoons paprika smoked spanish
- 2 racks st. pork ribs louis-style trimmed
- 2 cups root beer
- 3 star anise
- 1 onion sweet such as vidalia, finely chopped

Equipment

- frying pan
- baking sheet
- sauce pan
- grill

Directions

- Special equipment: a few handfuls hickory chips, soaked at least 1 hour
- Combine 12 cups water, the salt, molasses, cloves, cinnamon sticks and star anise in a large saucepan, bring to a boil and cook until the salt is dissolved.
- Remove and let cool.
- Put the ribs in a plastic container, pour the cooled brine over, cover and refrigerate for at least 4 hours and up to 24 hours, turning the ribs several times.
- Remove the ribs from the brine, rinse, pat dry and put on baking racks set over baking sheets. Refrigerate for several hours until the surface dries and forms a film.
- Heat the oil in a medium saucepan over medium heat, add the onions and cook until soft.
- Add the ginger and garlic and cook for 1 minute.
- Add the paprika and cook for 1 minute. Stir in the root beer and cook until reduced by half.
- Add the ketchup, brown sugar and molasses and cook over low heat until the flavors meld and the sauce reduces, stirring occasionally, about 30 minutes.

- Add the lemon juice and zest and season with salt and pepper.
- Remove the grill grate and ceramic plate from the cooker.
- Add the hot hardwood charcoal and scatter the soaked hickory chips over the top. Adjust the cooker to maintain a temperature of 225 to 250 degrees F. This temperature should be maintained throughout the entire smoke. Put on the ceramic plate. Put a disposable pan with some steaming liquid on the plate, and then put on the grill grate.
- Brush the ribs with some canola oil.
- Put the ribs on the grill, cover and cook until the ribs are tender and juicy, about 2 hours.
- Brush with the root beer BBQ sauce, turning occasionally, during the last 15 minutes of cooking.
- If using charcoal, set up the grill for direct and indirect heat.
- Brush the ribs with some canola oil. Start the ribs as above over indirect heat. Finish the ribs by moving them back over the hot coals and turning and basting with the root beer BBQ sauce for 15 to 20 minutes.

Nutrition Facts

PROTEIN 15.5%

FAT 64.57%

CARBS 19.93%

Properties

Glycemic Index:31.67, Glycemic Load:7.03, Inflammation Score:-8, Nutrition Score:37.903043539628%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 1244.88kcal (62.24%), Fat: 90.02g (138.5%), Saturated Fat: 24.26g (151.63%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 60.14g (21.87%), Sugar: 52.8g (58.67%), Cholesterol: 242.67mg (80.89%), Sodium: 10428.59mg (453.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.62g (97.24%), Vitamin B6: 2.12mg (106.08%), Selenium: 71.78µg (102.54%), Vitamin B3: 15.71mg (78.53%), Vitamin B1: 1.02mg (67.72%), Vitamin B2:

0.92mg (54.06%), Zinc: 8.05mg (53.7%), Manganese: 0.97mg (48.69%), Phosphorus: 478.85mg (47.88%), Vitamin D: 6.98µg (46.51%), Potassium: 1394.42mg (39.84%), Vitamin E: 5.83mg (38.88%), Magnesium: 121.03mg (30.26%), Iron: 4.91mg (27.28%), Copper: 0.49mg (24.36%), Vitamin B5: 2.21mg (22.14%), Vitamin B12: 1.15µg (19.21%), Vitamin K: 17.32µg (16.5%), Calcium: 159.43mg (15.94%), Vitamin A: 748.69IU (14.97%), Vitamin C: 8.49mg (10.29%), Fiber: 2.39g (9.56%), Folate: 21.8µg (5.45%)