



Bourbon Barbecue Pork Ribs

 Dairy Free

READY IN

ready

150 min.

SERVINGS

servings

6

CALORIES

calories

784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 ounces bourbon
- ☐ 0.3 cup brown sugar substitute (recommended: Sugar Twin brand)
- ☐ 1 small clove garlic minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 tablespoon hot sauce
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons liquid smoke

- ☐ 1 teaspoon onion powder
- ☐ 4 pounds pork ribs
- ☐ 2 tablespoons onion red finely chopped
- ☐ 6 servings salt and pepper
- ☐ 0.8 cup sugar substitute (recommended: Splenda)
- ☐ 6 ounces no sugar added tomato paste
- ☐ 29 ounces no sugar added tomato sauce
- ☐ 2 tablespoons vinegar white
- ☐ 1 tablespoon worcestershire sauce

Equipment

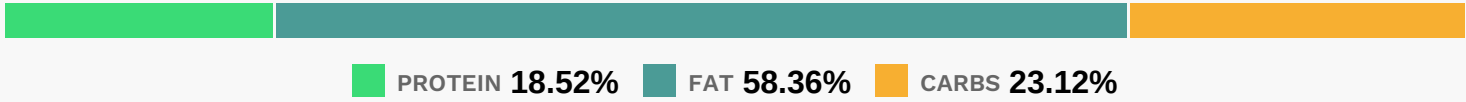
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 290 degrees F.
- ☐ Season the ribs liberally with salt and pepper on both sides and place in a proportionate size deep roasting pan.
- ☐ Add 1 cup barbecue sauce and 2 cups water over the ribs until almost completely submerged; if not add a bit more sauce and water or use a smaller pan. Cover tightly with aluminum foil, place on center rack of the oven, and bake for about 2 hours or until meat is almost falling off the bone.
- ☐ Remove, drain liquid immediately, and coat cooked ribs with fresh barbecue sauce. It is best to make the ribs a day ahead up to this point. Refrigerate overnight and bring to room temperature before grilling.

- ☐
- Preheat a grill to high.
- ☐
- Place ribs on grill and grill for just a few minutes on each side.
- ☐
- Serve.
- ☐
- Combine sauce ingredients in a bowl and whisk well to combine. Reserve.

Nutrition Facts



Properties

Glycemic Index:58.17, Glycemic Load:19.6, Inflammation Score:-7, Nutrition Score:28.083478181258%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 784.03kcal (39.2%), Fat: 50.1g (77.08%), Saturated Fat: 16.03g (100.19%), Carbohydrates: 44.65g (14.88%), Net Carbohydrates: 41.21g (14.99%), Sugar: 35.57g (39.52%), Cholesterol: 169.34mg (56.45%), Sodium: 2478.81mg (107.77%), Alcohol: 3.16g (100%), Alcohol %: 0.9% (100%), Protein: 35.78g (71.56%), Vitamin B6: 1.43mg (71.4%), Selenium: 49.12µg (70.17%), Vitamin B3: 12.14mg (60.68%), Vitamin B1: 0.73mg (48.87%), Vitamin B2: 0.67mg (39.48%), Zinc: 5.82mg (38.79%), Phosphorus: 365.25mg (36.52%), Potassium: 1248.89mg (35.68%), Vitamin D: 4.87µg (32.46%), Vitamin E: 3.99mg (26.57%), Iron: 4.33mg (24.04%), Copper: 0.45mg (22.48%), Vitamin C: 17.46mg (21.16%), Vitamin A: 1031.57IU (20.63%), Vitamin B5: 1.8mg (18.03%), Magnesium: 68.34mg (17.09%), Manganese: 0.32mg (16.14%), Fiber: 3.43g (13.74%), Vitamin B12: 0.8µg (13.41%), Vitamin K: 7.7µg (7.34%), Calcium: 69.95mg (6.99%), Folate: 17µg (4.25%)