



Bourbon-Glazed Baby Back Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound baby back ribs
- ☐ 0.3 cup bourbon
- ☐ 0.8 teaspoon chili paste depending on your taste pref hot (such as sambal oelek)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons hoisin sauce
- ☐ 5 tablespoons honey
- ☐ 1.5 teaspoons blackstrap molasses light ()

- ☐ 1 cup pineapple juice unsweetened
- ☐ 1 tablespoon plum sauce
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons soya sauce
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

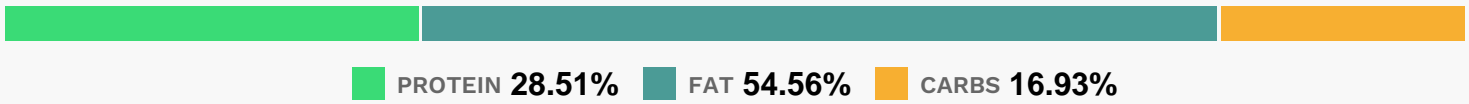
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Whisk first 11 ingredients in small bowl.
- ☐ Do ahead: Glaze can be made 1 day ahead. Cover and refrigerate.
- ☐ Preheat oven to 350°F.
- ☐ Place long sheet of heavy-duty foil on each of 2 large rimmed baking sheets.
- ☐ Sprinkle rib racks on all sides with salt and pepper.
- ☐ Place 1 rib rack on each foil sheet. Fold up sides of each foil sheet around rib rack to form boat-like shape.
- ☐ Pour 1/2 cup pineapple juice over each rib rack. Fold up foil to seal packets.
- ☐ Bake until ribs are tender, about 1 hour.
- ☐ Remove ribs from foil packets.
- ☐ Transfer to roasting pan; pour any juices from foil over and cool.
- ☐ Do ahead: Can be made 1 day ahead. Cover with plastic wrap; refrigerate.

- ☐
- Prepare barbecue (medium heat).
- ☐
- Cut each rib rack in half. Grill until browned, brushing frequently with glaze and turning often, about 10 minutes.
- ☐
- Cut racks between bones into ribs.
- ☐
- *An Indonesian hot chili paste; available at many supermarkets, at Asian markets, and from mingspantry.com.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:10.42, Inflammation Score:-3, Nutrition Score:23.678261178991%

Nutrients (% of daily need)

Calories: 601.37kcal (30.07%), Fat: 35.31g (54.32%), Saturated Fat: 12.43g (77.71%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 24.25g (8.82%), Sugar: 20.96g (23.29%), Cholesterol: 148mg (49.33%), Sodium: 498.36mg (21.67%), Alcohol: 3.34g (100%), Alcohol %: 1.43% (100%), Protein: 41.51g (83.03%), Selenium: 67.25µg (96.08%), Vitamin B3: 14.81mg (74.07%), Vitamin B1: 1.01mg (67.44%), Vitamin B6: 0.97mg (48.54%), Vitamin B2: 0.69mg (40.4%), Zinc: 5.58mg (37.21%), Phosphorus: 343.07mg (34.31%), Vitamin B12: 1.2µg (20%), Potassium: 650.69mg (18.59%), Vitamin B5: 1.82mg (18.2%), Vitamin D: 2.36µg (15.72%), Manganese: 0.3mg (15.03%), Copper: 0.26mg (12.78%), Iron: 2.17mg (12.03%), Magnesium: 47.15mg (11.79%), Calcium: 81.88mg (8.19%), Vitamin C: 4.36mg (5.28%), Vitamin E: 0.55mg (3.64%), Folate: 9.18µg (2.3%), Fiber: 0.39g (1.57%), Vitamin A: 55.38IU (1.11%)