



## Brown Sugar and Bourbon Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



825 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup spiced apple butter
- ☐ 1.3 cups apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 4 pound baby back ribs
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons dijon mustard

- ☐ 1.5 teaspoons thyme dried
- ☐ 1.5 teaspoons ground mustard dry
- ☐ 6 ginger fresh peeled thin
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 1 large onion sliced
- ☐ 0.3 cup irish whiskey

## Equipment

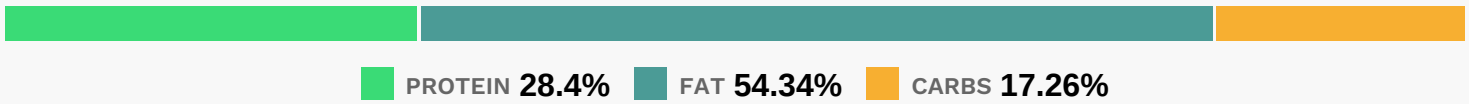
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Whisk all ingredients in medium bowl to blend.
- ☐ Mix first 7 ingredients in small bowl. Using small sharp knife, loosen membrane from underside of each rib rack and pull off (or score membrane). Rub 1 tablespoon seasoning mix into each side of each rib rack.
- ☐ Place ribs in large roasting pan. Cover and chill at least 6 hours and up to 1 day.
- ☐ Preheat oven to 325°F. Lift ribs from pan. Scatter onion, cinnamon stick, and ginger in pan.
- ☐ Pour in cider. Return ribs, meat side down, to pan; cover pan with foil. Roast ribs until meat is tender and begins to pull away from bones, about 2 hours. Uncover; cool at least 30 minutes and up to 2 hours.

- ☐ Prepare barbecue (medium-high heat). Grill ribs until heated through and slightly charred, about 5 minutes per side.
- ☐ Brush generously on all sides with basting sauce. Grill until sauce becomes sticky glaze, about 3 minutes longer per side.
- ☐ Transfer rib racks to cutting board.
- ☐ Cut racks between bones into individual ribs. Arrange on platter and serve, passing remaining sauce separately.

## Nutrition Facts



## Properties

Glycemic Index:52.94, Glycemic Load:4.48, Inflammation Score:-7, Nutrition Score:32.705217268156%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

## Nutrients (% of daily need)

Calories: 824.5kcal (41.22%), Fat: 47.61g (73.25%), Saturated Fat: 16.67g (104.17%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 31.22g (11.35%), Sugar: 24.52g (27.25%), Cholesterol: 197.18mg (65.73%), Sodium: 2088.54mg (90.81%), Alcohol: 5.31g (100%), Alcohol %: 1.37% (100%), Protein: 55.98g (111.96%), Selenium: 92.72µg (132.46%), Vitamin B3: 19.76mg (98.79%), Vitamin B1: 1.37mg (91.27%), Vitamin B6: 1.32mg (65.83%), Vitamin B2: 0.92mg (53.92%), Zinc: 7.57mg (50.47%), Phosphorus: 481.62mg (48.16%), Manganese: 0.75mg (37.64%), Potassium: 962.45mg (27.5%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.5mg (24.97%), Vitamin D: 3.14µg (20.96%), Iron: 3.44mg (19.13%), Copper: 0.36mg (18.11%), Magnesium: 69.47mg (17.37%), Calcium: 140.36mg (14.04%), Fiber: 2.81g (11.25%), Vitamin K: 7.62µg (7.25%), Vitamin E: 0.94mg (6.26%), Vitamin C: 4.68mg (5.68%), Vitamin A: 199.41IU (3.99%), Folate: 11.83µg (2.96%)