



Carolina Country Style Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 1.5 pounds crossing over quintessential american desserts boneless country-style
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water cold

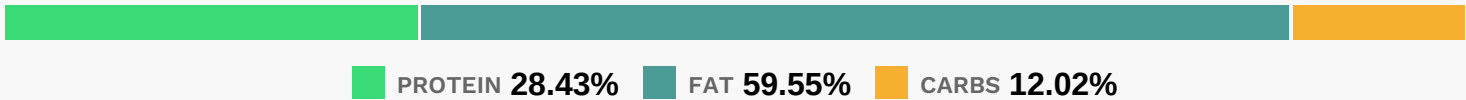
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place ribs in a large bowl or resealable plastic bag, set aside. In 4-cup glass measure, stir together vinegar, water, oil, molasses, salt, red pepper flakes and cayenne pepper until salt is dissolved.
- ☐ Remove 1/2 cup marinade; set aside.
- ☐ Add remaining marinade to ribs; seal bag and marinate for 4 to 6 hours in the refrigerator.
- ☐ Remove ribs from marinade; discard marinade.
- ☐ Prepare medium-hot fire; grill ribs over indirect heat for 50 to 60 minutes or until pork is tender and the internal temperature reaches 160 degrees F. Baste ribs twice with reserved sauce mixture during last 15 minutes of grilling.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:2.5, Inflammation Score:-3, Nutrition Score:10.043478317235%

Nutrients (% of daily need)

Calories: 217.39kcal (10.87%), Fat: 13.35g (20.54%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.84g (2.13%), Sugar: 5.35g (5.95%), Cholesterol: 54.54mg (18.18%), Sodium: 1225.85mg (53.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.69%), Selenium: 25.19µg (35.99%), Vitamin B6: 0.46mg (22.83%), Vitamin B1: 0.28mg (18.73%), Manganese: 0.32mg (16.17%), Phosphorus: 152.69mg (15.27%), Zinc: 2.13mg (14.22%), Vitamin B5: 1.24mg (12.44%), Vitamin B12: 0.74µg (12.28%), Vitamin B3: 2.41mg (12.03%), Potassium: 403.23mg (11.52%), Vitamin B2: 0.19mg (11.34%), Magnesium: 37.02mg (9.25%), Vitamin K: 9µg (8.57%), Iron: 1.21mg (6.73%), Copper: 0.11mg (5.46%), Vitamin E: 0.78mg (5.21%), Vitamin A: 223.5IU (4.47%), Calcium: 39.26mg (3.93%), Vitamin D: 0.52µg (3.44%)