



Deluxe Garlic Ribs

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon thyme leaves dried
- 1 teaspoon mustard dry
- 2 cloves garlic crushed
- 2 teaspoons garlic powder
- 2 teaspoons ground pepper black
- 12 ounce honey
- 3 tablespoons blackstrap molasses
- 2 teaspoons oregano dried

- 8 tablespoons plum sauce
- 6.5 pounds pork baby back ribs
- 2 tablespoons salt
- 2 tablespoons soya sauce
- 0.5 cup steak sauce
- 2 tablespoons distilled vinegar white
- 3 tablespoons white wine
- 2 tablespoons worcestershire sauce

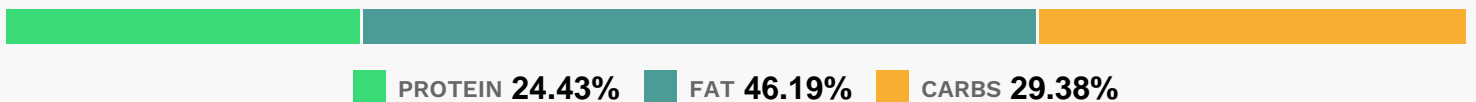
Equipment

- pot

Directions

- Place ribs in a large pot, cover with water and add thyme, oregano, garlic powder, salt and pepper. Bring to a boil and simmer for 40 minutes.
- Remove from heat and either let stand until ready to barbecue or cook immediately.
- Meanwhile, mix together the sauce ingredients and blend well.
- Remove ribs from liquid and brush both sides with the sauce.
- If possible barbecue the ribs 6 to 8 inches from the coals for 15-20 minutes or until brown and crisp. Basting frequently.
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:31.03, Glycemic Load:20.95, Inflammation Score:-7, Nutrition Score:27.26608699301%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg,

Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 739.19kcal (36.96%), Fat: 38.31g (58.93%), Saturated Fat: 13.48g (84.27%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 53.87g (19.59%), Sugar: 42.59g (47.32%), Cholesterol: 160.21mg (53.4%), Sodium: 2604.06mg (113.22%), Alcohol: 0.58g (100%), Alcohol %: 0.21% (100%), Protein: 45.58g (91.16%), Selenium: 74.1µg (105.85%), Vitamin B3: 16.45mg (82.26%), Vitamin B1: 1.09mg (72.49%), Vitamin B6: 1.11mg (55.62%), Vitamin B2: 0.77mg (45.19%), Zinc: 6.21mg (41.41%), Phosphorus: 388.31mg (38.83%), Potassium: 876.07mg (25.03%), Vitamin B12: 1.3µg (21.67%), Vitamin B5: 2.04mg (20.43%), Iron: 3.6mg (20%), Manganese: 0.38mg (18.75%), Copper: 0.34mg (17.05%), Vitamin D: 2.55µg (17.03%), Magnesium: 68.11mg (17.03%), Calcium: 117.44mg (11.74%), Vitamin K: 6.49µg (6.18%), Vitamin E: 0.86mg (5.71%), Fiber: 0.97g (3.9%), Vitamin C: 2.2mg (2.66%), Vitamin A: 122.26IU (2.45%), Folate: 6.77µg (1.69%)