



Dynamite Bourbon Ribs

 Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup bourbon
- 1 cup brown sugar dark
- 4 cloves garlic
- 1 cup soya sauce light
- 3 pounds pork ribs country style

Equipment

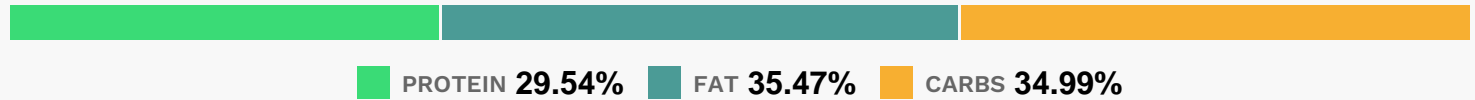
- food processor
- blender

- grill
- kitchen thermometer

Directions

- Process brown sugar, bourbon, soy sauce, and garlic in a food processor or blender to mince garlic with other ingredients.
- Pour over ribs, and marinate for several hours in the refrigerator.
- Preheat an outdoor grill for medium heat, and lightly oil grate.
- Place ribs on grate, and cover. Cook for 45 minutes to 1 hour depending on thickness of your ribs. When finished, the internal temperature of the ribs should be 160 degrees F (70 degrees C) when taken with a meat thermometer.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:17.873913081363%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 505.73kcal (25.29%), Fat: 17.47g (26.88%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 38.43g (13.98%), Sugar: 36.24g (40.27%), Cholesterol: 109.09mg (36.36%), Sodium: 2263.67mg (98.42%), Alcohol: 8.91g (100%), Alcohol %: 4.49% (100%), Protein: 32.75g (65.49%), Selenium: 48.65µg (69.5%), Vitamin B6: 0.91mg (45.6%), Vitamin B1: 0.58mg (38.75%), Phosphorus: 340.38mg (34.04%), Vitamin B3: 6.13mg (30.64%), Zinc: 4.31mg (28.73%), Vitamin B5: 2.58mg (25.78%), Vitamin B2: 0.44mg (25.59%), Vitamin B12: 1.47µg (24.57%), Potassium: 608.08mg (17.37%), Iron: 2.48mg (13.77%), Manganese: 0.27mg (13.54%), Magnesium: 50.22mg (12.56%), Copper: 0.2mg (9.8%), Calcium: 74.22mg (7.42%), Vitamin D: 1.03µg (6.88%), Vitamin E: 0.34mg (2.27%), Folate: 7.39µg (1.85%), Fiber: 0.35g (1.41%)