

Grilled Beef Ribs with Sweet-and-Sticky Barbecue Sauce



Ingredients

3 racks baby back ribs cut in half (9 pounds total)
2 bay leaves whole
10 peppercorns whole black
1.5 cups carrots coarsely chopped
2.5 cups celery coarsely chopped
1 teaspoon thyme dried

2.3 teaspoons garlic powder

	1 cup honey	
	3.5 cups catsup	
	1 onion halved lengthwise	
	1 teaspoon oregano dried	
	8 ounce pineapple rings crushed canned	
	0.5 teaspoon pepper dried red crushed	
	1 tablespoon salt	
Equipment		
ᆜ	sauce pan	
Ш	pot	
Ш	grill	
	tongs	
Directions		
	Combine first 7 ingredients in large deep saucepan. Bring to boil. Reduce heat to low and simmer until very thick, stirring occasionally, about 1 hour. Cool sauce. (Can be made 1 week ahead. Cover and refrigerate.)	
	Place ribs in heavy large pot.	
	Add celery, onion, carrots, bay leaves, peppercorns and 1 tablespoon salt.	
	Add enough water to cover ribs and bring to boil. Reduce heat to medium and simmer until meat is tender, about 1 hour. Using tongs, remove rib racks from pot. Cool slightly.	
	Cut between bones into individual ribs. (Can be made 1 day ahead. Cover; refrigerate.)	
	Prepare barbecue (medium heat).	
	Brush ribs with some of sauce. Grill ribs until brown and thickly glazed, occasionally turning and basting with more sauce, about 10 minutes.	
Nutrition Facts		
	PROTEIN 21 88% FAT 40 39% CARBS 37 73%	

Properties

Glycemic Index:33.35, Glycemic Load:25.92, Inflammation Score:-10, Nutrition Score:41.244782820992%

Flavonoids

Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.92mg, Isorhamnetin: 0.92m

Nutrients (% of daily need)

Calories: 1003.28kcal (50.16%), Fat: 46.7lg (71.86%), Saturated Fat: 16.47g (102.95%), Carbohydrates: 98.19g (32.73%), Net Carbohydrates: 94.88g (34.5%), Sugar: 84.5lg (93.9%), Cholesterol: 195.62mg (65.2l%), Sodium: 2741.93mg (119.2l%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 56.94g (113.89%), Vitamin A: 6399.1lU (127.98%), Selenium: 89.25µg (127.5%), Vitamin B3: 21.9lmg (109.56%), Vitamin B1: 1.39mg (92.99%), Vitamin B6: 1.58mg (79.22%), Vitamin B2: 1.18mg (69.41%), Zinc: 7.83mg (52.2%), Phosphorus: 510.8mg (51.08%), Potassium: 1433.34mg (40.95%), Vitamin B5: 2.65mg (26.52%), Vitamin B12: 1.59µg (26.46%), Vitamin K: 26.48µg (25.21%), Copper: 0.49mg (24.43%), Vitamin E: 3.21mg (21.38%), Magnesium: 83.4mg (20.85%), Vitamin D: 3.12µg (20.79%), Iron: 3.67mg (20.38%), Manganese: 0.39mg (19.49%), Vitamin C: 14.25mg (17.27%), Calcium: 161.58mg (16.16%), Fiber: 3.32g (13.28%), Folate: 42.24µg (10.56%)