



Grilled Beef Ribs with Sweet-and-Sticky Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

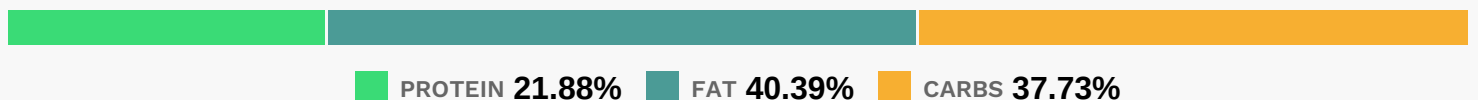
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ 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



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 Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 1003.28kcal (50.16%), Fat: 46.71g (71.86%), Saturated Fat: 16.47g (102.95%), Carbohydrates: 98.19g (32.73%), Net Carbohydrates: 94.88g (34.5%), Sugar: 84.51g (93.9%), Cholesterol: 195.62mg (65.21%), Sodium: 2741.93mg (119.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.94g (113.89%), Vitamin A: 6399.1IU (127.98%), Selenium: 89.25µg (127.5%), Vitamin B3: 21.91mg (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%)