



## Grilled Country Style Ribs

 **Gluten Free**  **Dairy Free**

READY IN



**195 min.**

SERVINGS



**6**

CALORIES



**642 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup barbeque sauce plus more for basting
- 0.3 cup cider vinegar
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 0.3 cup pepper sauce hot
- 4 pounds pork ribs country-style
- 0.5 cup burgundy wine
- 2 tablespoons worcestershire sauce

2 tablespoons mustard yellow prepared

## Equipment

bowl

baking pan

grill

## Directions

Stir wine, barbeque sauce, cider vinegar, hot pepper sauce, Worcestershire sauce, and mustard together in bowl until well mixed.

Place ribs in a baking dish; pour Burgundy wine mixture over ribs and coat completely.

Mix onion powder and garlic powder together in a bowl. Dust ribs with powder mixture; let marinate 2 hours, turning once.

Preheat grill for medium–low heat and lightly oil the grate.

Grill ribs, covered, over indirect heat on the preheated grill for 45 minutes, turning once. Baste with barbeque sauce and grill until meat is tender, about 15 minutes, turning and basting frequently.

## Nutrition Facts

  
**PROTEIN 21.66%** **FAT 72.57%** **CARBS 5.77%**

## Properties

Glycemic Index:15.33, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:20.997391356074%

## Nutrients (% of daily need)

Calories: 642.44kcal (32.12%), Fat: 49.84g (76.67%), Saturated Fat: 15.97g (99.79%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.27g (3.01%), Sugar: 5.03g (5.59%), Cholesterol: 169.34mg (56.45%), Sodium: 690.32mg (30.01%), Alcohol: 2.08g (100%), Alcohol %: 0.95% (100%), Protein: 33.46g (66.93%), Selenium: 48.99µg (69.98%), Vitamin B6: 1.28mg (64.22%), Vitamin B3: 10.08mg (50.4%), Vitamin B1: 0.71mg (47.14%), Zinc: 5.48mg (36.55%), Vitamin B2: 0.56mg (33.19%), Phosphorus: 324.82mg (32.48%), Vitamin D: 4.87µg (32.46%), Potassium: 661.6mg (18.9%), Iron: 2.65mg (14.7%), Vitamin B5: 1.39mg (13.94%), Vitamin B12: 0.8µg (13.41%), Magnesium: 44.1mg (11.02%), Copper: 0.21mg (10.6%), Vitamin C: 8.6mg (10.42%), Manganese: 0.14mg (6.99%), Vitamin E: 0.92mg (6.16%), Calcium: 53.53mg (5.35%), Fiber: 0.65g (2.6%), Vitamin A: 50.92IU (1.02%)