



Grilled Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups barbecue sauce with sticky fingers
- ☐ 4 pounds pork spareribs
- ☐ 0.8 cup prize-winning barbecue rub
- ☐ 1 tablespoon prize-winning barbecue rub

Equipment

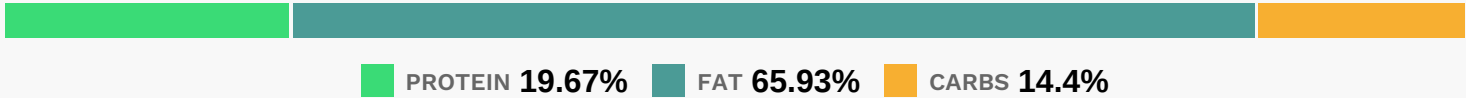
- ☐ oven
- ☐ roasting pan
- ☐ grill

☐ aluminum foil

Directions

- ☐ Rub 3/4 cup Prize-Winning Barbecue Rub evenly onto 4 pounds pork spareribs in a shallow roasting pan; cover with aluminum foil, and refrigerate overnight.
- ☐ Bake ribs, covered, at 300 for 3 hours.
- ☐ Drain excess liquid.
- ☐ Brush ribs with some of 1 1/2 cups favorite barbecue sauce (we tested with Sticky Fingers) blended with 1 Tbsp. Prize-Winning Barbecue Rub. Grill ribs, covered, over medium heat (300 to 350) for 15 to 20 minutes, basting heavily with rest of sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:36.058260622232%

Nutrients (% of daily need)

Calories: 989.52kcal (49.48%), Fat: 71.92g (110.65%), Saturated Fat: 23.11g (144.43%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 33.64g (12.23%), Sugar: 24.03g (26.7%), Cholesterol: 241.92mg (80.64%), Sodium: 983.93mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.27g (96.54%), Selenium: 68.13µg (97.33%), Vitamin B6: 1.91mg (95.68%), Vitamin B3: 14.8mg (74.02%), Vitamin K: 77.13µg (73.46%), Vitamin B1: 1.01mg (67.06%), Zinc: 7.98mg (53.18%), Vitamin B2: 0.82mg (48.06%), Vitamin D: 6.96µg (46.37%), Phosphorus: 456.78mg (45.68%), Manganese: 0.77mg (38.3%), Iron: 6.53mg (36.3%), Potassium: 962.09mg (27.49%), Vitamin B5: 2.01mg (20.07%), Magnesium: 78.77mg (19.69%), Vitamin B12: 1.15µg (19.15%), Copper: 0.37mg (18.64%), Calcium: 162.74mg (16.27%), Vitamin E: 1.82mg (12.1%), Vitamin A: 408.01IU (8.16%), Fiber: 1.71g (6.83%), Folate: 14.43µg (3.61%), Vitamin C: 1.56mg (1.89%)