



Grilled Ribs with Cherry Cola Barbecue Sauce



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb baby back ribs
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup barbecue sauce
- ☐ 12 oz coca-cola canned
- ☐ 0.3 cup smucker's cherry preserves
- ☐ 0.5 teaspoon ground mustard

☐ 1 teaspoons sauce of the chicken from the turbo broiler

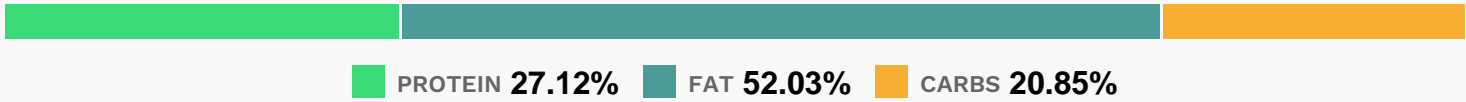
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut ribs into serving-size sections. Rub ribs with seasoned salt, garlic pepper and ginger.
- ☐ Place ribs in 15x10x1-inch pan, overlapping slightly.
- ☐ Bake uncovered about 1 hour 30 minutes or until tender.
- ☐ Meanwhile, in 2-quart saucepan, mix barbecue sauce, cola, preserves, mustard and buffalo wing sauce.
- ☐ Heat to boiling; reduce heat to medium-low. Simmer uncovered 30 to 40 minutes, stirring occasionally, until flavors are blended and sauce is slightly thickened.
- ☐ Heat coals or gas grill for direct heat. Cover and grill ribs over medium heat 10 to 15 minutes, turning and brushing occasionally with barbecue sauce mixture to glaze.
- ☐ Heat remaining barbecue sauce mixture to boiling; boil and stir 1 minute.
- ☐ Serve sauce with ribs.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:9.01, Inflammation Score:-3, Nutrition Score:25.494347201741%

Nutrients (% of daily need)

Calories: 680.11kcal (34.01%), Fat: 39.29g (60.44%), Saturated Fat: 13.8g (86.27%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 34.73g (12.63%), Sugar: 27.82g (30.91%), Cholesterol: 164.31mg (54.77%), Sodium: 1117.84mg

(48.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 46.07g (92.15%), Selenium: 74.53µg (106.47%), Vitamin B3: 16.5mg (82.52%), Vitamin B1: 1.1mg (73.59%), Vitamin B6: 1.05mg (52.42%), Vitamin B2: 0.77mg (45.1%), Zinc: 6.22mg (41.44%), Phosphorus: 389.84mg (38.98%), Vitamin B12: 1.33µg (22.23%), Potassium: 717.84mg (20.51%), Vitamin B5: 2.04mg (20.4%), Vitamin D: 2.62µg (17.46%), Copper: 0.27mg (13.61%), Iron: 2.31mg (12.86%), Magnesium: 47.3mg (11.83%), Calcium: 94.57mg (9.46%), Manganese: 0.16mg (7.87%), Vitamin E: 0.99mg (6.57%), Vitamin A: 159.42IU (3.19%), Fiber: 0.68g (2.72%), Vitamin C: 1.55mg (1.87%)