



Grilled Spareribs with B.'s Sweet Maple Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings barbecue sauce sweet
- ☐ 1 tablespoon pepper freshly ground
- ☐ 6 pounds pork spareribs
- ☐ 1 tablespoon salt

Equipment

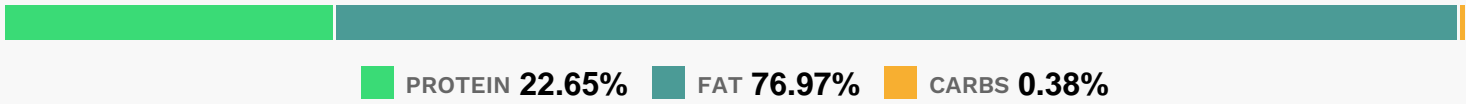
- ☐ frying pan
- ☐ paper towels

- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Rinse spareribs under cold running water, and pat dry with paper towels.
- ☐ Sprinkle both sides of ribs with salt and pepper.
- ☐ Place in a large shallow roasting pan, and brush both sides of ribs with 1 cup sauce. Cover pan with aluminum foil.
- ☐ Bake at 350 for 1 1/2 hours. Turn ribs, and bake 1 1/2 more hours or until tender.
- ☐ Drain excess oil from pan.
- ☐ Set aside 2 cups sauce for dipping.
- ☐ Brush each slab of ribs with the remaining sauce. Grill, covered with grill lid, over medium heat (300 to 350) for 25 to 30 minutes. Turn often to avoid burning, and baste with sauce as needed.
- ☐ Serve ribs with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:30.10652162661%

Nutrients (% of daily need)

Calories: 945.94kcal (47.3%), Fat: 79.64g (122.52%), Saturated Fat: 25.62g (160.15%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.34g (0.37%), Cholesterol: 272.16mg (90.72%), Sodium: 1158.06mg (50.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.71g (105.43%), Selenium: 74.89µg (106.99%), Vitamin B6: 1.96mg (97.78%), Vitamin B3: 15.87mg (79.37%), Vitamin B1: 1.09mg (72.42%), Zinc: 8.52mg (56.78%), Vitamin D: 7.82µg (52.16%), Vitamin B2: 0.86mg (50.34%), Phosphorus: 481.06mg (48.11%), Potassium: 835.74mg (23.88%), Vitamin B12: 1.29µg (21.55%), Vitamin B5: 2.14mg (21.38%), Iron: 3.18mg (17.68%), Copper: 0.28mg (14.18%), Magnesium: 55.87mg (13.97%), Vitamin E: 1.27mg (8.5%), Manganese: 0.13mg (6.66%), Calcium: 55.22mg (5.52%),

Vitamin K: 1.25µg (1.19%)