



## Grilled Spareribs with Cherry Cola Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 cups smucker's cherry preserves
- ☐ 48 ounce cherry cola canned (flat)
- ☐ 0.7 cup dijon mustard with horseradish
- ☐ 1 tablespoon pepper sauce hot
- ☐ 7.3 pounds well-trimmed pork spareribs
- ☐ 3 tablespoons soya sauce

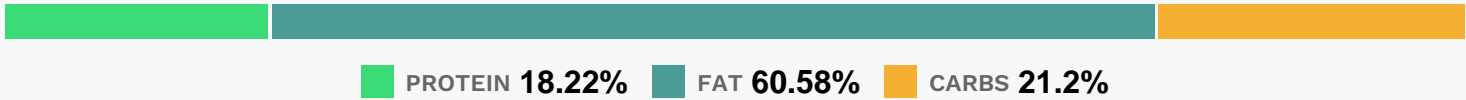
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Boil cherry cola in heavy large saucepan over medium-high heat until reduced to 1 1/2 cups, about 45 minutes. Stir in next 5 ingredients. Reduce heat to medium and simmer until mixture is reduced to 2 1/2 cups, stirring occasionally, about 35 minutes.
- ☐ Transfer glaze to large bowl. (Can be made 1 week ahead. Cover; chill. Bring to room temperature before using.)
- ☐ Position racks in top and bottom thirds of oven and preheat to 325°F.
- ☐ Sprinkle ribs with salt and pepper. Wrap each rib rack tightly in foil, enclosing completely. Divide foil packets between 2 rimmed baking sheets.
- ☐ Bake until ribs are very tender, switching positions of baking sheets halfway through baking, about 2 hours total. Cool ribs slightly in foil.
- ☐ Pour off any fat from foil packets. (Can be prepared 1 day ahead. Keep covered in foil packets and refrigerate.
- ☐ Let stand at room temperature 1 hour before continuing.)
- ☐ Prepare barbecue (medium-low heat).
- ☐ Cut each rib rack between bones into individual ribs. Set aside 1 cup glaze.
- ☐ Add ribs to bowl with remaining glaze and toss to coat. Grill ribs until brown and glazed, turning to prevent burning, about 5 minutes total.
- ☐ Serve, passing reserved glaze separately.

## Nutrition Facts



## Properties

Glycemic Index:34.17, Glycemic Load:56.09, Inflammation Score:-3, Nutrition Score:44.70130420379%

Nutrients (% of daily need)

Calories: 1940.76kcal (97.04%), Fat: 129.33g (198.97%), Saturated Fat: 41.35g (258.43%), Carbohydrates: 101.82g (33.94%), Net Carbohydrates: 99.31g (36.11%), Sugar: 75.9g (84.34%), Cholesterol: 438.47mg (146.16%), Sodium: 1353.88mg (58.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.14mg (6.05%), Protein: 87.5g (175%), Selenium: 132.56µg (189.37%), Vitamin B6: 3.21mg (160.46%), Vitamin B3: 26.11mg (130.55%), Vitamin B1: 1.82mg (121.66%), Zinc: 14.04mg (93.57%), Vitamin B2: 1.5mg (87.97%), Phosphorus: 859.24mg (85.92%), Vitamin D: 12.61µg (84.04%), Potassium: 1485.53mg (42.44%), Iron: 6.47mg (35.93%), Vitamin B5: 3.57mg (35.67%), Vitamin B12: 2.08µg (34.71%), Copper: 0.59mg (29.39%), Magnesium: 109.47mg (27.37%), Vitamin E: 2.26mg (15.09%), Vitamin C: 11.7mg (14.19%), Manganese: 0.28mg (13.92%), Calcium: 129.17mg (12.92%), Fiber: 2.51g (10.06%), Folate: 16.15µg (4.04%)