



Grilled Zesty Lemon Spareribs



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



8

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds pork spareribs cut into serving pieces
- ☐ 1 cup catsup
- ☐ 0.5 cup chili sauce
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon liquid smoke
- ☐ 6 ounces lemonade concentrate frozen thawed canned

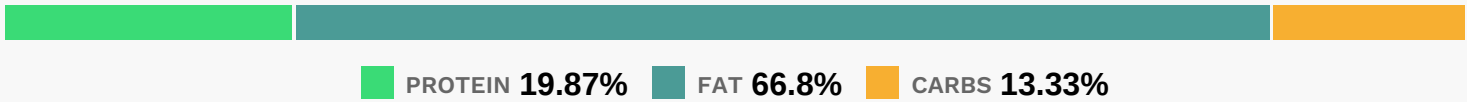
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Place pork in 4-quart Dutch oven.
- ☐ Add enough water to cover pork.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer about 1 hour 30 minutes or until tender.
- ☐ Meanwhile, in 2-quart saucepan, heat ketchup, chili sauce, brown sugar, vinegar, lemon juice and liquid smoke to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally.
- ☐ Remove from heat; stir in lemonade concentrate. Set aside.
- ☐ Remove pork to rectangular baking dish, 13x9x2 inches, or resealable food-storage plastic bag.
- ☐ Pour marinade over pork; turn pork to coat. Cover dish or seal bag and refrigerate, turning pork occasionally, at least 4 hours but no longer than 24 hours.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove pork from marinade; reserve marinade. Grill pork, meaty sides up, uncovered and 4 inches from medium heat about 30 minutes, turning and brushing frequently with marinade, until glazed and heated through. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:32.13478291553%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1083.46kcal (54.17%), Fat: 79.84g (122.83%), Saturated Fat: 25.63g (160.19%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 35.29g (12.83%), Sugar: 31.52g (35.02%), Cholesterol: 272.16mg (90.72%), Sodium: 786mg (34.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.44g (106.87%), Selenium: 75.5µg (107.85%), Vitamin B6: 2.04mg (101.91%), Vitamin B3: 16.6mg (83.01%), Vitamin B1: 1.11mg (73.91%), Zinc: 8.6mg (57.32%), Vitamin B2: 0.92mg (53.88%), Vitamin D: 7.82µg (52.16%), Phosphorus: 498.83mg (49.88%), Potassium: 1008.97mg (28.83%), Vitamin B5: 2.19mg (21.85%), Vitamin B12: 1.29µg (21.55%), Iron: 3.46mg (19.24%), Copper: 0.33mg (16.48%), Magnesium: 63.4mg (15.85%), Vitamin E: 2.05mg (13.64%), Vitamin C: 7.47mg (9.06%), Calcium: 72.22mg (7.22%), Vitamin A: 270.04IU (5.4%), Manganese: 0.08mg (4.24%), Fiber: 0.57g (2.28%), Vitamin K: 1.83µg (1.74%), Folate: 6.24µg (1.56%)