



Jamaican Ribs with Sticky Rum BBQ Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



230 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound baby back ribs
- 4 servings barbecue sauce
- 1 tablespoon suya seasoning mix
- 1 cup spiced rum dark

Equipment

- frying pan
- paper towels
- grill

Directions

- Rinse and pat ribs dry. If desired, remove thin membranes from backs of ribs, using a paper towel for a better grip. (This will make ribs more tender.) Rub ribs evenly with jerk seasoning.
- Pour rum in a shallow dish or zip-top plastic freezer bag; add ribs, turning to coat. Cover or seal, and chill 1 hour, turning occasionally.
- Light 1 side of grill, heating to medium heat (325 to 350).
- Place a drip pan beneath unlit side.
- Remove ribs from marinade, let drain quickly, and place on grate above drip pan. Grill (with lid closed), turning occasionally, 2 1/2 to 3 hours or until ribs are browned and tender and meat has shrunk back from bones.
- Brush ribs with 1/2 cup Sticky Rum BBQ Sauce, and grill 15 more minutes.
- Serve with additional sauce.

Nutrition Facts

PROTEIN 33.61% **FAT 64.58%** **CARBS 1.81%**

Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:30.606521839033%

Nutrients (% of daily need)

Calories: 790.23kcal (39.51%), Fat: 46.83g (72.05%), Saturated Fat: 16.58g (103.65%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.48g (0.54%), Cholesterol: 197.18mg (65.73%), Sodium: 260.44mg (11.32%), Alcohol: 20.04g (100%), Alcohol %: 7.25% (100%), Protein: 54.84g (109.67%), Selenium: 87.91µg (125.58%), Vitamin B3: 19.55mg (97.74%), Vitamin B1: 1.32mg (87.75%), Vitamin B6: 1.25mg (62.29%), Vitamin B2: 0.89mg (52.59%), Zinc: 7.38mg (49.22%), Phosphorus: 448.15mg (44.81%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.37mg (23.73%), Vitamin K: 23µg (21.91%), Potassium: 755.93mg (21.6%), Vitamin D: 3.14µg (20.96%), Iron: 3.56mg (19.79%), Copper: 0.3mg (14.84%), Calcium: 147.95mg (14.8%), Magnesium: 55.83mg (13.96%), Manganese: 0.22mg (10.97%), Vitamin E: 1.37mg (9.13%), Fiber: 1.58g (6.32%), Vitamin A: 127.99IU (2.56%), Folate: 8.78µg (2.2%)