



Memphis-Style Drunken-Hog BBQ Ribs

 Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup heinz bbq sauce memphis & spicy sweet
- 0.3 cup bourbon
- 0.5 cup brown sugar packed
- 3 lb pork baby back ribs

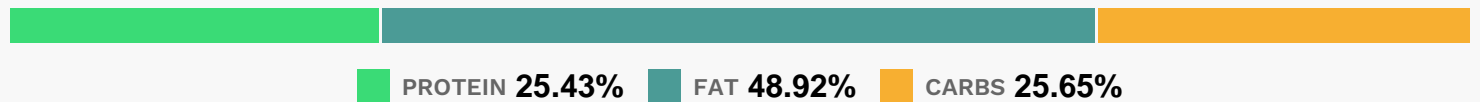
Equipment

- grill
- aluminum foil

Directions

- Place ribs on large sheet of heavy-duty foil sprayed with cooking spray.
- Mix sugar and bourbon until blended; spread onto ribs. Wrap in foil. Refrigerate 1 hour.
- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 350F.
- Place ribs on grate over unlit area; cover. Grill 2 hours, monitoring for consistent grill temperature.
- Unwrap ribs; place, meat sides down, on grate over lit area of grill.
- Brush with 1/4 cup barbecue sauce. Grill 10 min., turning after 5 min. and brushing with remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.066521772224%

Nutrients (% of daily need)

Calories: 181.53kcal (9.08%), Fat: 9.39g (14.45%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 11g (4%), Sugar: 10.28g (11.42%), Cholesterol: 39.44mg (13.15%), Sodium: 150.01mg (6.52%), Alcohol: 1.34g (100%), Alcohol %: 2.17% (100%), Protein: 10.99g (21.97%), Selenium: 17.76µg (25.37%), Vitamin B3: 3.94mg (19.69%), Vitamin B1: 0.26mg (17.57%), Vitamin B6: 0.25mg (12.57%), Vitamin B2: 0.18mg (10.58%), Zinc: 1.47mg (9.81%), Phosphorus: 90.38mg (9.04%), Vitamin B12: 0.32µg (5.33%), Potassium: 173.12mg (4.95%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.63µg (4.19%), Copper: 0.06mg (3.16%), Iron: 0.55mg (3.05%), Magnesium: 11.04mg (2.76%), Calcium: 26.95mg (2.69%), Vitamin E: 0.21mg (1.42%), Manganese: 0.02mg (1.1%)