

Ribs with a Kick

 Gluten Free

READY IN



155 min.

SERVINGS



6

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar packed
- 2 tablespoons butter
- 0.5 teaspoon ground pepper
- 2 teaspoons chili powder
- 2 garlic clove minced
- 0.5 teaspoon garlic salt
- 2 teaspoons ground mustard
- 1 cup catsup

- 1 tablespoon liquid smoke
- 0.5 teaspoon onion salt
- 2 medium onion chopped
- 1 teaspoon paprika
- 0.5 teaspoon pepper
- 5 pounds baby back ribs
- 1 teaspoon salt
- 1 cup water
- 3 tablespoons vinegar white
- 3 tablespoons worcestershire sauce

Equipment

- bowl
- sauce pan
- grill

Directions

- In a large saucepan, saute onions in butter until tender.
- Add garlic, cook 1 minute longer. Stir in the brown sugar, water, ketchup, vinegar, Worcestershire sauce, Liquid Smoke if desired, mustard, chili powder, paprika and cayenne. Bring to a boil. Reduce heat; simmer for 10-12 minutes or until thickened, stirring occasionally.
- Remove from the heat.
- In a small bowl, combine the salt, onion salt, garlic salt and pepper; sprinkle over ribs.
- Grill ribs, covered, over indirect medium heat for 1-3/4 hours or until tender.
- Set aside 1 cup barbecue sauce for serving.
- Brush some of the remaining sauce over ribs; cook 20 minutes longer, turning ribs occasionally and basting with sauce.
- Serve with reserved sauce.

Nutrition Facts



■ PROTEIN 23.71% ■ FAT 49.28% ■ CARBS 27.01%

Properties

Glycemic Index:39.33, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:28.48217383675%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 777.91kcal (38.9%), Fat: 43.17g (66.41%), Saturated Fat: 16.24g (101.48%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 51.94g (18.89%), Sugar: 46.65g (51.84%), Cholesterol: 174.35mg (58.12%), Sodium: 1516.56mg (65.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.73g (93.45%), Selenium: 75.85µg (108.36%), Vitamin B3: 17.02mg (85.09%), Vitamin B1: 1.13mg (75.11%), Vitamin B6: 1.17mg (58.4%), Vitamin B2: 0.83mg (48.84%), Zinc: 6.32mg (42.12%), Phosphorus: 406.62mg (40.66%), Potassium: 907.44mg (25.93%), Vitamin B12: 1.34µg (22.36%), Vitamin B5: 2.09mg (20.93%), Vitamin D: 2.62µg (17.46%), Iron: 3.04mg (16.89%), Copper: 0.33mg (16.29%), Vitamin A: 814.06IU (16.28%), Magnesium: 56.8mg (14.2%), Calcium: 138.58mg (13.86%), Vitamin E: 1.72mg (11.43%), Manganese: 0.21mg (10.5%), Vitamin C: 5.95mg (7.22%), Fiber: 1.28g (5.13%), Folate: 13.42µg (3.35%), Vitamin K: 3.19µg (3.04%)