



Southern Grilled Barbecued Ribs

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds baby back pork ribs
- ☐ 0.5 cup brown sugar packed
- ☐ 4 tablespoons butter
- ☐ 0.5 cup cider vinegar
- ☐ 1 cup catsup
- ☐ 0.3 cup mustard prepared
- ☐ 1 teaspoon pepper sauce hot
- ☐ 0.3 cup red wine vinegar

- ☐ 0.1 teaspoon salt
- ☐ 1 cup water
- ☐ 0.3 cup worcestershire sauce

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place ribs in two 10x15 inch roasting pans.
- ☐ Pour water and red wine vinegar into a bowl, and stir.
- ☐ Pour diluted vinegar over ribs and cover with foil.
- ☐ Bake in the preheated oven for 45 minutes. Baste the ribs with their juices halfway through cooking.
- ☐ In a medium saucepan, mix together ketchup, water, vinegar, Worcestershire sauce, mustard, butter, brown sugar, hot pepper sauce, and salt; bring to a boil. Reduce heat to low, cover, and simmer barbeque sauce for 1 hour.
- ☐ Preheat grill for medium heat.
- ☐ Lightly oil preheated grill.
- ☐ Transfer ribs from the oven to the grill, discarding cooking liquid. Grill over medium heat for 15 minutes, turning ribs once. Baste ribs generously with barbeque sauce, and grill 8 minutes. Turn ribs, baste again with barbeque sauce, and grill 8 minutes.

Nutrition Facts



 **PROTEIN 23.62%**  **FAT 55.68%**  **CARBS 20.7%**

Properties

Glycemic Index:15.25, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:17.235652037289%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 471.45kcal (23.57%), Fat: 29.3g (45.08%), Saturated Fat: 11.88g (74.28%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 24.07g (8.75%), Sugar: 21.05g (23.39%), Cholesterol: 113.64mg (37.88%), Sodium: 732.39mg (31.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.95%), Selenium: 47.03µg (67.18%), Vitamin B3: 10.25mg (51.27%), Vitamin B1: 0.68mg (45.3%), Vitamin B6: 0.66mg (33.12%), Vitamin B2: 0.51mg (29.91%), Zinc: 3.77mg (25.17%), Phosphorus: 247.39mg (24.74%), Potassium: 576.04mg (16.46%), Vitamin B12: 0.81µg (13.53%), Vitamin B5: 1.23mg (12.33%), Iron: 2.1mg (11.66%), Vitamin D: 1.57µg (10.48%), Copper: 0.2mg (9.89%), Magnesium: 34.83mg (8.71%), Calcium: 81.64mg (8.16%), Vitamin A: 375.65IU (7.51%), Vitamin E: 0.98mg (6.54%), Manganese: 0.12mg (6.22%), Vitamin C: 3.17mg (3.85%), Fiber: 0.43g (1.7%), Vitamin K: 1.63µg (1.56%), Folate: 4.54µg (1.13%)