



Sweet Bourbon Baby Backs

 Dairy Free

READY IN

ready

235 min.

SERVINGS

servings

4

CALORIES

calories

746 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple juice
- ☐ 2 slabs baby back ribs
- ☐ 1 jar barbecue sauce prepared
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup bourbon
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons grill seasoning
- ☐ 1 teaspoon pepper flakes red

☐ 4 servings salt

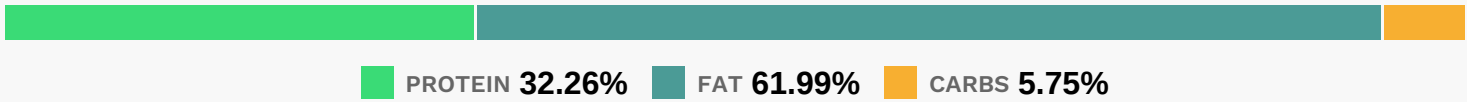
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat oven to 250 degrees F.
- ☐ Cut the baby back ribs into smaller even sized portions and place them into a shallow baking dish meat side up. Cover the ribs with the bourbon, reserving about 1/4 cup for the sauce, and then add the apple juice. Rub the meat side with the salt, pepper, red pepper flakes, grill seasoning, and the garlic.
- ☐ Place the ribs into the oven for 3 to 3 1/2 hours.
- ☐ Preheat the grill.
- ☐ Remove the ribs from the oven and hold for grilling.
- ☐ Mix 1/4 cup of the bourbon with the BBQ sauce and then coat the ribs with the mixture.
- ☐ Place the ribs on the grill and cook for about 15 minutes.
- ☐ Remove from the grill and arrange on a platter.
- ☐ Serve with grilled corn alongside, if desired.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:3.1, Inflammation Score:-5, Nutrition Score:30.20304345048%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 745.56kcal (37.28%), Fat: 46.62g (71.72%), Saturated Fat: 16.49g (103.07%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.11g (3.31%), Sugar: 6.18g (6.86%), Cholesterol: 195.62mg (65.21%), Sodium: 455.06mg (19.79%), Alcohol: 10.02g (100%), Alcohol %: 3.33% (100%), Protein: 54.59g (109.18%), Selenium: 87.78µg (125.4%), Vitamin B3: 19.4mg (97%), Vitamin B1: 1.32mg (88.21%), Vitamin B6: 1.28mg (64.12%), Vitamin B2: 0.89mg (52.27%), Zinc: 7.35mg (48.98%), Phosphorus: 451.85mg (45.18%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.37mg (23.74%), Potassium: 800.87mg (22.88%), Vitamin D: 3.12µg (20.79%), Iron: 3.1mg (17.21%), Vitamin K: 16.86µg (16.05%), Copper: 0.3mg (15.21%), Manganese: 0.28mg (14.17%), Magnesium: 54.64mg (13.66%), Calcium: 120.49mg (12.05%), Vitamin E: 0.91mg (6.06%), Vitamin A: 265.26IU (5.31%), Fiber: 0.61g (2.46%), Vitamin C: 1.74mg (2.11%)