

Tangy BBQ Ribs



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



8

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 1 cup honey
- ☐ 1 cup catsup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 8 pork ribs country style

Equipment

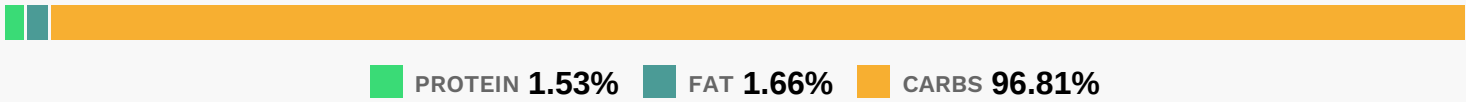
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ grill

Directions

- ☐ Preheat grill for medium–high heat.
- ☐ Lightly oil grill grate. Grill ribs for 12 minutes, turning once during cooking.
- ☐ Transfer ribs to an 11x16 inch baking dish.
- ☐ Preheat oven to 350 degrees F (175 degrees C). In a large bowl, stir together the honey, ketchup, molasses, and barbecue sauce.
- ☐ Bake ribs, uncovered, for 1 hour.
- ☐ Remove from the oven, and drain fat. Coat ribs with the honey sauce. Continue baking for another 1 1/2 hours, or until ribs are tender.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:19.85, Inflammation Score:-3, Nutrition Score:4.0095652123184%

Flavonoids

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

Nutrients (% of daily need)

Calories: 285.22kcal (14.26%), Fat: 0.56g (0.85%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 72.9g (24.3%), Net Carbohydrates: 72.15g (26.24%), Sugar: 66.09g (73.44%), Cholesterol: 0.74mg (0.25%), Sodium: 933.28mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Manganese: 0.22mg (11.03%), Potassium: 330.5mg (9.44%), Vitamin B6: 0.14mg (7.21%), Magnesium: 25.35mg (6.34%), Vitamin E: 0.95mg (6.34%), Vitamin B2: 0.1mg (6.13%), Vitamin A: 296.86IU (5.94%), Copper: 0.11mg (5.59%), Iron: 0.94mg (5.2%), Vitamin B3: 0.94mg (4.69%), Calcium: 38.56mg (3.86%), Selenium: 2.59µg (3.7%), Fiber: 0.75g (3%), Phosphorus: 25.73mg (2.57%), Vitamin C: 1.82mg (2.21%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.29mg (1.97%), Vitamin K: 2.05µg (1.95%), Vitamin B1: 0.02mg (1.58%), Folate: 4.82µg (1.21%)