



The Ultimate Barbecued Ribs

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back ribs
- 2 slices bacon
- 2 tablespoons brown sugar
- 2 tablespoons dijon mustard dry
- 4 sprigs thyme leaves fresh
- 3 garlic cloves smashed
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika

- 2 cups catsup
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup blackstrap molasses
- 6 servings olive oil extra-virgin
- 0.5 onion
- 1 cup peach preserves
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- broiler
- kitchen twine

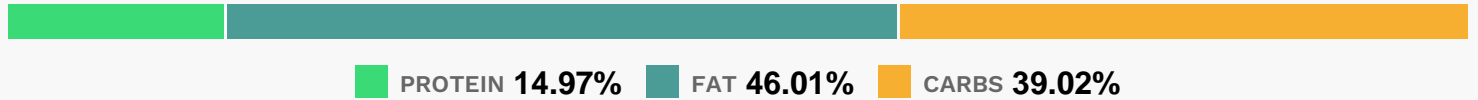
Directions

- Watch how to make this recipe.
- Special equipment: Kitchen twine
- Preheat the oven to 250 degrees F.
- Put the ribs on a baking sheet, season with salt and pepper and drizzle with olive oil. Stick them in the oven, and let the ribs bake, low and slow for 1 1/2 hours.
- Meanwhile, make the sauce. Wrap the bacon around the middle of the thyme sprigs and tie with kitchen twine so you have a nice bundle.
- Heat a 2-count of oil in a large saucepan over medium heat.
- Add the thyme bundle and cook slowly for 3 to 4 minutes to render the bacon fat and give the sauce a nice smoky taste.
- Add the onion and garlic and cook slowly, without coloring, for 5 minutes.
- Add all of the rest of the sauce ingredients, give the sauce a stir, and turn the heat down to low. Cook slowly for 20 minutes to meld the flavors. Put some sauce in a separate bowl for

basting, reserving the remaining sauce for serving.

- Baste the ribs with the sauce and let them continue cooking, basting twice more, for 30 more minutes. When the ribs are cooked, take them out of the oven. You can let them hang out like this until you're ready to eat.
- When ready to eat, preheat the broiler for 5 minutes and broil the ribs, basting with the sauce. They should become crisp and charred, about 5 minutes on each side. Pick the onion and garlic out of the sauce and serve with ribs.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:26.15, Inflammation Score:-8, Nutrition Score:23.427391301031%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 781.66kcal (39.08%), Fat: 40.69g (62.61%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 77.66g (25.89%), Net Carbohydrates: 76.12g (27.68%), Sugar: 59.41g (66.01%), Cholesterol: 103.43mg (34.48%), Sodium: 980.07mg (42.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.57%), Selenium: 51.58µg (73.69%), Vitamin B3: 11.39mg (56.94%), Vitamin B1: 0.72mg (47.81%), Vitamin B6: 0.9mg (45.01%), Vitamin B2: 0.63mg (37.28%), Phosphorus: 281.01mg (28.1%), Zinc: 4.04mg (26.92%), Potassium: 894.14mg (25.55%), Vitamin E: 3.76mg (25.04%), Manganese: 0.43mg (21.61%), Magnesium: 77.69mg (19.42%), Copper: 0.35mg (17.53%), Iron: 3.01mg (16.71%), Vitamin B5: 1.42mg (14.24%), Vitamin B12: 0.84µg (13.95%), Vitamin A: 649.05IU (12.98%), Vitamin C: 10.55mg (12.79%), Calcium: 115.52mg (11.55%), Vitamin K: 11.41µg (10.87%), Vitamin D: 1.6µg (10.67%), Fiber: 1.54g (6.14%), Folate: 16.12µg (4.03%)