



Ward Winning Ribs (Sticky Ribs)



Gluten Free



Dairy Free

READY IN



590 min.

SERVINGS



2

CALORIES



1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 rack baby back ribs
- ☐ 0.5 cup favorite bbq sauce to taste
- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 0.1 cup honey to taste
- ☐ 2 teaspoons seasoning salt recommended: Lawry's

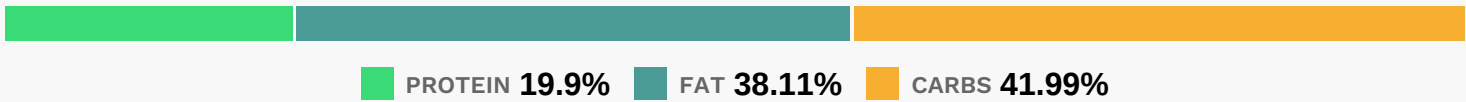
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Special equipment: Smoker
- ☐ In a small bowl, mix brown sugar, seasoning salt, and pepper together. Rub brown sugar mixture on ribs, coating the entire rib, and place in a large resealable plastic bag. Refrigerate for at least 4 hours (the longer, the better).
- ☐ Prepare a smoker, using charcoal; heat to 225 to 250 degrees F. When the coals have burned to ash, add wood chips, preferably apple wood chips.
- ☐ Place ribs in smoker and cook for 3 hours at 225 to 250 degrees F. Using a spray bottle, spray ribs with apple juice every 45 minutes. After 3 hours, remove ribs from smoker, wrap in aluminum foil, and return to the smoker to cook for 2 more hours.
- ☐ After 2 more hours, open foil and brush your favorite BBQ sauce and honey over the ribs. Leave foil open and then cook for 30 more minutes.
- ☐ Remove ribs from smoker. When cool enough to handle, cut ribs in half.
- ☐ Drizzle a little more honey over top and serve.

Nutrition Facts



Properties

Glycemic Index:62.51, Glycemic Load:15.08, Inflammation Score:-4, Nutrition Score:32.526956330175%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 1096kcal (54.8%), Fat: 47.01g (72.32%), Saturated Fat: 16.5g (103.1%), Carbohydrates: 116.52g (38.84%), Net Carbohydrates: 114.82g (41.75%), Sugar: 106.43g (118.26%), Cholesterol: 195.62mg (65.21%), Sodium:

3330.38mg (144.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.43%), Selenium: 89.07µg (127.24%), Vitamin B3: 19.85mg (99.24%), Vitamin B1: 1.34mg (89.42%), Vitamin B6: 1.31mg (65.43%), Vitamin B2: 0.94mg (55.25%), Zinc: 7.45mg (49.68%), Phosphorus: 467.36mg (46.74%), Manganese: 0.65mg (32.26%), Potassium: 1115.88mg (31.88%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.63mg (26.26%), Vitamin D: 3.12µg (20.79%), Copper: 0.4mg (19.98%), Iron: 3.55mg (19.73%), Calcium: 183.05mg (18.31%), Magnesium: 71.42mg (17.85%), Vitamin E: 1.3mg (8.64%), Fiber: 1.69g (6.77%), Vitamin K: 6.2µg (5.9%), Vitamin A: 240.18IU (4.8%), Vitamin C: 1.65mg (2%)