

Blueberry Pork Ribs (Serves 4-6 people)

Ingredients:

1.5 lbs Boneless Pork Ribs
½ can of diet coke
4 oz. of Sweet Baby Ray's Barbecue Sauce
1 cup fresh Blueberries
½ lemon
1 tsp Liquid Smoke
Hot Sauce
Mesquite grill seasonings

Sauce Preparation:

Add coke and BBQ Sauce to small saucepan over medium high heat. Crush blueberries and add to sauce. Squeeze lemon and add the juice, Liquid Smoke, and hot sauce to taste. Bring to a boil and remove from heat.

Pork Preparation:

Trim fat & rub meat with mesquite grill seasonings. Allow meat to rest at room temp for 15-20 min before cooking. Grill ribs over charcoal. Apply generous coat of sauce to each side as ribs cook. Cook until meat has no pink in the center.

Recipe Nutrients: 653 total grams, 1364 Calories, 85g protein, 81g Carbs, 12.5g fat, 1442mg Na⁺

Serving Nutrients: 109 total grams, 227 Calories, 14g Protein, 13.5g Carbs, 12.5g Fat, 240mg Na⁺



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