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Spicy Honey BBQ Ribs ♦

Spicy Honey BBQ Ribs are a delicious and flavorful dish that combines the sweetness of honey with the heat of spices. These ribs are perfect for grilling or baking, and they make a great addition to any barbecue or cookout. The ribs are marinated in a spicy honey barbecue sauce, then cooked until tender and juicy. Serve them with your favorite sides for a mouthwatering meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 120 mins

Total Time: 135 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	half rack of ribs
6 tbsp	honey
1 c	bbq sauce
2 tsp	Paprika

1 tsp	Cayenne pepper
1 tsp	Garlic powder
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the grill or oven to 250°F (120°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the honey, BBQ sauce, paprika, cayenne pepper, garlic powder, salt, and black pepper to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Coating

Place the ribs on a baking sheet or grill rack, and brush the marinade all over them, making sure to coat them evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Cover the ribs with aluminum foil and cook them in the preheated grill or oven for 2 hours, or until they are tender and the meat easily pulls away from the bones.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Grilling

Remove the foil and brush the ribs with more marinade. Increase the heat to 350°F (175°C) and cook for an additional 15-20 minutes, or until the ribs are nicely glazed and slightly charred.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Resting

Remove the ribs from the grill or oven and let them rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the Spicy Honey BBQ Ribs with your favorite sides and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 g

Protein: 40 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Events

Picnic

Cooking Method

Grilling

Baking

Boiling

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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