



WHATSheATE



Apple and BBQ Sauce Baby Back Ribs



Gluten Free



Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups apple sauce
- ☐ 4 pounds baby back pork ribs
- ☐ 4 cups barbeque sauce
- ☐ 8 servings cayenne pepper to taste
- ☐ 8 servings garlic powder to taste
- ☐ 8 servings salt and pepper black to taste

Equipment

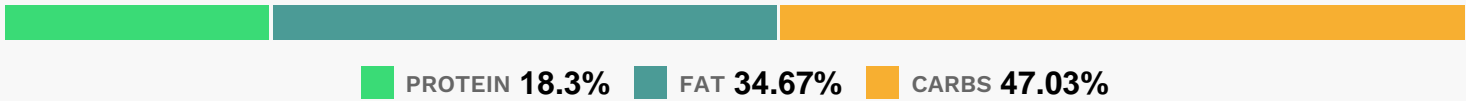
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Mix the barbeque sauce and applesauce in bowl.
- ☐ Place ribs on a large sheet of heavy duty aluminum foil, and rub on all sides with the salt, pepper, cayenne pepper, and garlic powder.
- ☐ Pour sauce over ribs to coat. Seal ribs in the foil. Marinate in the refrigerator 8 hours, or overnight.
- ☐ Preheat grill for high heat.
- ☐ Place ribs in foil on the grill grate, and cook 1 hour.
- ☐ Remove ribs from foil, and place directly on the grill grate. Continue cooking 30 minutes, basting frequently with the sauce, until ribs are done.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:21.517826298009%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 633.54kcal (31.68%), Fat: 24.72g (38.04%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 75.44g (25.15%), Net Carbohydrates: 72g (26.18%), Sugar: 59.21g (65.79%), Cholesterol: 98.59mg (32.86%), Sodium: 1795.84mg (78.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.73%), Selenium: 46.98µg (67.12%), Vitamin B3: 10.84mg (54.18%), Vitamin B1: 0.74mg (49.15%), Vitamin B6: 0.84mg (42.09%), Vitamin B2: 0.58mg (33.83%), Phosphorus: 273.02mg (27.3%), Zinc: 4.05mg (26.99%), Vitamin A: 1219.33IU (24.39%), Potassium: 851.07mg (24.32%), Vitamin E: 2.3mg (15.33%), Vitamin B5: 1.48mg (14.76%), Manganese: 0.29mg (14.6%), Iron: 2.61mg (14.49%), Copper: 0.29mg (14.48%), Fiber: 3.44g (13.77%), Vitamin B12: 0.8µg (13.34%), Magnesium: 50.47mg (12.62%), Vitamin D: 1.57µg (10.48%), Calcium: 101.81mg (10.18%), Vitamin K: 4.8µg (4.57%), Vitamin C: 3.64mg (4.41%), Folate: 10.05µg (2.51%)