



Apple-Glazed Barbecued Baby Back Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons ancho chile powder pure
- ☐ 0.5 cup apple cider
- ☐ 0.3 cup apple jelly melted
- ☐ 2 baby back ribs
- ☐ 1 cup barbecue sauce prepared
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 teaspoon celery salt
- ☐ 0.3 teaspoon cinnamon

- ☐ 0.5 cup brown sugar dark
- ☐ 4 teaspoons garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 2 teaspoons salt
- ☐ 0.3 teaspoon pepper white freshly ground

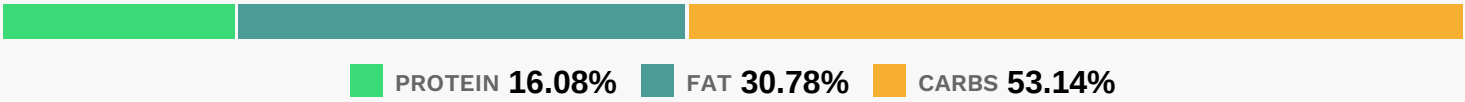
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 25
- ☐ In a bowl, mix 1/4 cup of the sugar with the garlic salt, chile powder, salt, black pepper, celery salt, cayenne, cinnamon and white pepper.
- ☐ Transfer 1 tablespoon of the spice mix to a medium bowl and whisk in the cider, apple jelly, honey and the remaining 1/4 cup of sugar.
- ☐ Pull the membrane off the underside of each rib rack using a towel to grasp the corner. On a rimmed baking sheet, rub the ribs with the remaining spice mix; bake, meaty side up, for 2 1/2 hours.
- ☐ Pour the cider mixture over the ribs and turn to coat. Tightly cover with foil and bake for 1 hour.
- ☐ Light a grill. Uncover the ribs and brush with the barbecue sauce; grill over moderate heat, turning and brushing, until glazed, 15 minutes.
- ☐ Let rest for 10 minutes, then cut between the bones and serve.

Nutrition Facts



Properties

Glycemic Index:54.26, Glycemic Load:18.44, Inflammation Score:-6, Nutrition Score:19.336956361066%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 690.03kcal (34.5%), Fat: 23.98g (36.89%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 93.15g (31.05%), Net Carbohydrates: 91.22g (33.17%), Sugar: 81.11g (90.13%), Cholesterol: 97.81mg (32.6%), Sodium: 4688.16mg (203.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.35%), Selenium: 45.86µg (65.52%), Vitamin B3: 10.37mg (51.84%), Vitamin B1: 0.68mg (45.32%), Vitamin B6: 0.72mg (36.22%), Vitamin B2: 0.52mg (30.74%), Zinc: 3.9mg (26.03%), Phosphorus: 248.1mg (24.81%), Potassium: 659.33mg (18.84%), Vitamin A: 839.76IU (16.8%), Manganese: 0.3mg (15.18%), Vitamin B5: 1.37mg (13.71%), Iron: 2.42mg (13.46%), Vitamin B12: 0.79µg (13.23%), Copper: 0.26mg (12.87%), Vitamin E: 1.75mg (11.66%), Calcium: 111.17mg (11.12%), Vitamin D: 1.56µg (10.4%), Magnesium: 41.51mg (10.38%), Fiber: 1.93g (7.74%), Vitamin K: 4.36µg (4.15%), Vitamin C: 2.81mg (3.41%), Folate: 5.26µg (1.32%)