



## Baby Back Barbecue Ribs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



5

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds baby back pork ribs
- 1.5 cups barbecue sauce
- 1 tablespoon brown sugar packed
- 2 teaspoons garlic powder
- 1 tablespoon paprika
- 1.5 teaspoons pepper
- 0.5 cup water

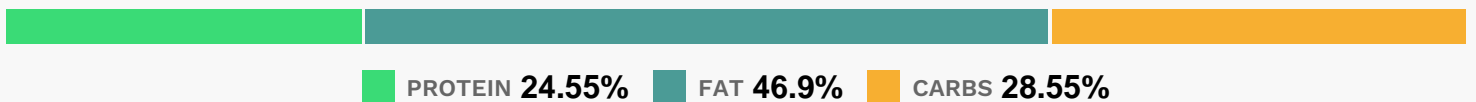
### Equipment

- baking sheet
- oven
- grill
- aluminum foil
- broiler
- broiler pan

## Directions

- Preheat grill to medium OR oven to 450 degrees F.
- Center half of ribs in single layer on each sheet of Reynolds Wrap® Heavy Duty Aluminum Foil.
- Combine brown sugar and seasonings; rub over ribs, turning to coat evenly.
- Bring up foil sides. Double fold top and one end to seal packet. Through open end, add 1/4 cup water or 3 to 4 ice cubes. Double fold remaining end, leaving room for heat circulation inside. Repeat to make two packets.
- Place rib packets in covered grill and grill 45 to 60 minutes.
- Remove foil; place ribs on grill
- Brush ribs with barbecue sauce. CONTINUE GRILLING 10 to 15 minutes, brushing with sauce and turning every 5 minutes.
- Place rib packets on a cookie sheet and bake in oven 45to 60minutes.
- Remove foil; place ribs on broiler pan. BRUSH ribs with barbecue sauce. BROIL 4to 5inches from broiler, 10to 15minutes, brushing with sauce and turning every 5minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.4, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:21.307826132878%

## Nutrients (% of daily need)

Calories: 550.19kcal (27.51%), Fat: 28.75g (44.23%), Saturated Fat: 10g (62.47%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 37.85g (13.76%), Sugar: 30.99g (34.43%), Cholesterol: 118.31mg (39.44%), Sodium: 1036.56mg

(45.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.72%), Selenium: 54.19µg (77.41%), Vitamin B3: 12.29mg (61.45%), Vitamin B1: 0.81mg (54.25%), Vitamin B6: 0.84mg (42.02%), Vitamin B2: 0.59mg (34.76%), Zinc: 4.61mg (30.72%), Phosphorus: 291.61mg (29.16%), Potassium: 679.96mg (19.43%), Vitamin A: 922.75IU (18.46%), Vitamin B12: 0.96µg (16%), Vitamin B5: 1.6mg (15.99%), Iron: 2.29mg (12.73%), Vitamin D: 1.89µg (12.57%), Copper: 0.25mg (12.35%), Manganese: 0.23mg (11.69%), Magnesium: 43.48mg (10.87%), Vitamin E: 1.52mg (10.13%), Calcium: 90.98mg (9.1%), Fiber: 1.52g (6.08%), Vitamin K: 3.66µg (3.48%)