

Baby Back Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



630 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 2 pounds baby back ribs

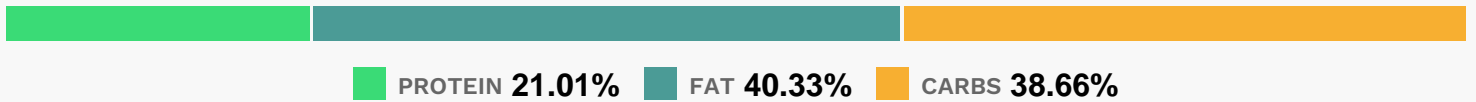
Equipment

- oven
- aluminum foil

Directions

- Tear off 4 pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray.
- Brush the ribs liberally with barbeque sauce and place each portion in its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.
- Preheat oven to 300 degrees F (150 degrees C).
- Bake ribs wrapped tightly in the foil at 300 degrees F (150 degrees C) for 2 1/2 hours.
- Remove from foil and add more sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:17.669565275959%

Nutrients (% of daily need)

Calories: 539.48kcal (26.97%), Fat: 24.14g (37.13%), Saturated Fat: 8.32g (52%), Carbohydrates: 52.05g (17.35%), Net Carbohydrates: 50.9g (18.51%), Sugar: 42.35g (47.06%), Cholesterol: 98.59mg (32.86%), Sodium: 1438.31mg (62.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.59%), Selenium: 45.52µg (65.03%), Vitamin B3: 10.44mg (52.22%), Vitamin B1: 0.68mg (45.49%), Vitamin B6: 0.7mg (34.93%), Vitamin B2: 0.51mg (29.84%), Zinc: 3.85mg (25.64%), Phosphorus: 245.55mg (24.56%), Potassium: 648.89mg (18.54%), Vitamin B5: 1.38mg (13.78%), Vitamin B12: 0.8µg (13.34%), Copper: 0.22mg (11.09%), Iron: 1.9mg (10.57%), Vitamin D: 1.57µg (10.48%), Magnesium: 39.45mg (9.86%), Vitamin E: 1.36mg (9.09%), Calcium: 86.39mg (8.64%), Manganese: 0.17mg (8.61%), Vitamin A: 317.2IU (6.34%), Fiber: 1.15g (4.59%), Vitamin K: 2.3µg (2.19%)