



## Baby-Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 pounds baby-back pork ribs (2 racks)
- ☐ 2 tablespoons chili powder
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon thyme leaves dried

## Equipment

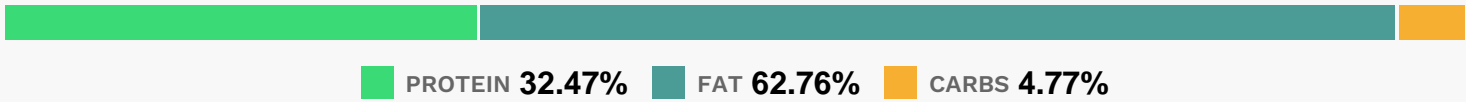
- ☐ bowl

- ☐ oven
- ☐ roasting pan
- ☐ grill

## Directions

☐ Light a grill or heat oven to 300 F. In a small bowl, combine the sugar, chili powder, salt, mustard powder, and thyme. Rub the mixture on the ribs, coating each side.If grilling, cook the ribs bone-side down over medium-low heat or when the coals are well covered with ash. Adjust the flame or add coals as necessary. Cook for 1 1/2 hours. If oven roasting, place the meat in roasting pans bone-side down and cook for 1 1/2 hours. The ribs are done when you can insert a fork between two ribs and separate them.

## Nutrition Facts



## Properties

Glycemic Index:28.77, Glycemic Load:4.2, Inflammation Score:-8, Nutrition Score:30.690434921047%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 676.01kcal (33.8%), Fat: 47.35g (72.85%), Saturated Fat: 16.63g (103.94%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.64g (2.41%), Sugar: 6.29g (6.99%), Cholesterol: 197.18mg (65.73%), Sodium: 2058.44mg (89.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.11g (110.23%), Selenium: 89.11µg (127.29%), Vitamin B3: 19.84mg (99.22%), Vitamin B1: 1.32mg (87.87%), Vitamin B6: 1.29mg (64.58%), Vitamin B2: 0.91mg (53.66%), Zinc: 7.46mg (49.7%), Phosphorus: 454.41mg (45.44%), Vitamin B12: 1.6µg (26.67%), Vitamin A: 1260.82IU (25.22%), Vitamin B5: 2.38mg (23.76%), Potassium: 787.68mg (22.51%), Vitamin D: 3.14µg (20.96%), Iron: 2.95mg (16.38%), Copper: 0.3mg (15.24%), Vitamin E: 2.22mg (14.83%), Magnesium: 53.05mg (13.26%), Calcium: 104.6mg (10.46%), Fiber: 1.46g (5.83%), Manganese: 0.11mg (5.3%), Vitamin K: 4.24µg (4.04%)