



Back Ribs with Sweet-Savory Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 lb baby back ribs
- ☐ 1 tablespoon wine dry red flavored progresso® (from 32-oz carton)
- ☐ 1 cup chili sauce
- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 cup grape jelly
- ☐ 3 cups water

Equipment

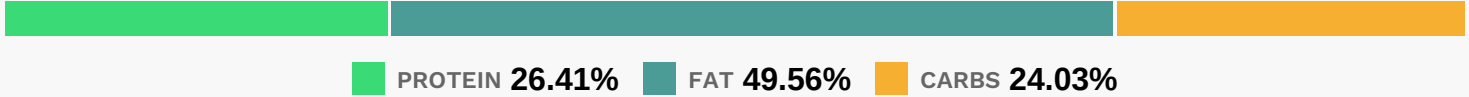
- ☐ sauce pan

- ☐ grill
- ☐ dutch oven

Directions

- ☐ To make sauce, in 1-quart saucepan, heat chili sauce, jelly, wine and mustard over medium heat, stirring occasionally, until jelly is melted.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Cut ribs into serving pieces.
- ☐ Place ribs in 4-quart Dutch oven; add water.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer 5 minutes; drain.
- ☐ Cover and grill pork over medium coals 15 to 20 minutes, brushing with sauce every 3 minutes, until pork is no longer pink and meat begins to pull away from bones.
- ☐ Heat any remaining sauce to boiling, stirring constantly; boil and stir 1 minute.
- ☐ Serve sauce with ribs.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:11.89, Inflammation Score:-3, Nutrition Score:18.619565155195%

Flavonoids

Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.49mg, Malvidin: 0.49mg, Malvidin: 0.49mg, Malvidin: 0.49mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 482.01kcal (24.1%), Fat: 26.39g (40.61%), Saturated Fat: 9.32g (58.22%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 27.6g (10.04%), Sugar: 20.01g (22.23%), Cholesterol: 110.91mg (36.97%), Sodium: 618.63mg (26.9%), Alcohol: 0.2g (100%), Alcohol %: 0.08% (100%), Protein: 31.65g (63.3%), Selenium: 50.57µg (72.25%), Vitamin B3: 11.45mg (57.26%), Vitamin B1: 0.77mg (51.44%), Vitamin B6: 0.74mg (36.99%), Vitamin B2: 0.54mg

(31.69%), Zinc: 4.17mg (27.8%), Phosphorus: 272.02mg (27.2%), Potassium: 548.78mg (15.68%), Vitamin B12: 0.9µg (15%), Vitamin B5: 1.32mg (13.23%), Copper: 0.24mg (11.86%), Vitamin D: 1.77µg (11.79%), Vitamin C: 8.27mg (10.02%), Iron: 1.66mg (9.23%), Magnesium: 32.28mg (8.07%), Vitamin E: 1.08mg (7.21%), Calcium: 66.09mg (6.61%), Vitamin A: 267.86IU (5.36%), Fiber: 1.2g (4.79%), Vitamin K: 1.78µg (1.7%), Folate: 6.62µg (1.66%), Manganese: 0.03mg (1.41%)