



Backyard Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



1120 min.

SERVINGS



8

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon allspice
- 4.5 pounds full racks/slabs baby back pork ribs
- 0.1 teaspoon cayenne pepper
- 1 tablespoon cayenne pepper
- 0.8 cup chili powder
- 1.3 cups brown sugar dark
- 0.3 cup garlic powder
- 2 tablespoons ground thyme

- 0.3 cup honey
- 1 teaspoon coffee powder instant
- 0.3 cup catsup
- 8 servings kosher salt
- 0.5 cup margarita cocktail
- 0.5 cup orange juice fresh (not squeezed)
- 1 tablespoon worcestershire sauce

Equipment

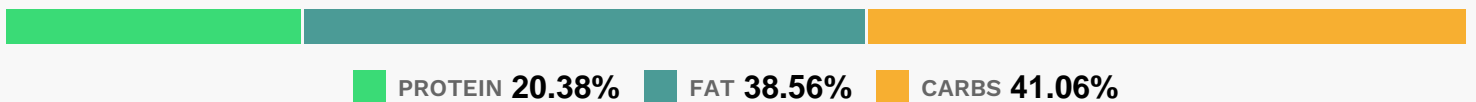
- bowl
- frying pan
- sauce pan
- oven
- whisk
- grill
- aluminum foil
- measuring cup
- cutting board

Directions

- Watch how to make this recipe.
- Place each rib rack on a sheet of extra-wide, heavy-duty aluminum foil. (The foil should be 4 inches longer than the ribs on either end.) Season racks liberally with kosher salt and sprinkle each rack with 3 tablespoons of the rub. Turn the ribs, meat side down, and tightly seal each foil pouch.
- Place on a half sheet pan and refrigerate overnight.
- The next day, heat the oven to 250 degrees F.
- Combine the orange juice and margarita mix in a liquid measuring cup. Open 1 end of each pouch and evenly divide the liquid between the 2 pouches. Reseal the pouches and place the sheet pan in the oven for 2 hours.

- Remove the ribs from the oven, carefully open 1 end of each pouch and pour the braising liquid into a heatproof measuring cup. Reseal the pouches and place them and the measuring cup of liquid into the refrigerator for up to 8 hours.
- The fat in the braising liquid will have solidified on the top and can be removed at this time.
- Transfer the liquid to a small saucepan and add the honey, ketchup, Worcestershire sauce, espresso powder and cayenne pepper.
- Whisk to combine. Set over medium high heat and reduce to a glaze, approximately 10 minutes.
- Set a gas grill to medium-high and allow to heat for 10 minutes.
- Cut each slab in half and place them on the grill, flesh side down, close the lid and decrease the heat to medium. Leave alone for 3 minutes. Flip and cook for another 3 minutes. Flip and cook for 3 minutes on each side 1 more time or until each rib has a nice char.
- Remove the ribs from the grill to a cutting board. and cut into 2 rib portions, using kitchen shears.
- Add the ribs and half the glaze to a large serving bowl and toss to thoroughly coat.
- Serve the remaining glaze on the side.
- Place all of the ingredients in an airtight container and shake to combine. Store for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:23.53, Glycemic Load:7.25, Inflammation Score:-10, Nutrition Score:37.032173840896%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 659.6kcal (32.98%), Fat: 29.76g (45.79%), Saturated Fat: 9.93g (62.08%), Carbohydrates: 71.3g (23.77%), Net Carbohydrates: 62.12g (22.59%), Sugar: 53.58g (59.53%), Cholesterol: 110.91mg (36.97%), Sodium: 842.34mg

(36.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.92mg (1.31%), Protein: 35.39g (70.78%), Vitamin A: 7010.86IU (140.22%), Selenium: 56.4µg (80.57%), Vitamin B3: 13.96mg (69.81%), Vitamin B6: 1.33mg (66.39%), Vitamin E: 9.32mg (62.13%), Vitamin B1: 0.85mg (56.45%), Vitamin B2: 0.75mg (44.07%), Iron: 7.31mg (40.59%), Vitamin K: 41.49µg (39.51%), Fiber: 9.18g (36.74%), Zinc: 5.41mg (36.1%), Phosphorus: 358.3mg (35.83%), Manganese: 0.62mg (31.21%), Potassium: 1080.56mg (30.87%), Copper: 0.46mg (23.19%), Magnesium: 75.74mg (18.94%), Calcium: 188.85mg (18.88%), Vitamin B5: 1.66mg (16.56%), Vitamin B12: 0.9µg (15%), Vitamin C: 10.05mg (12.18%), Vitamin D: 1.77µg (11.79%), Folate: 19.74µg (4.93%)