






 **14%**
HEALTH SCORE

Barbecued Baby Back Pork Ribs and Bush's Grillin' Beans

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

READY IN

45 min.

SERVINGS

2

CALORIES

584 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 baby back ribs rack of
- 1 t peppercorns black cooked
- 2 tablespoons brown sugar
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- 1 T apple cider vinegar
- 1 t coriander leaves dried
- 4 cloves garlic coarsely chopped

- 2 small spring onion chopped
- 1 cup catsup
- 1 T blackstrap molasses
- 1 t orange zest
- 1 T soya sauce

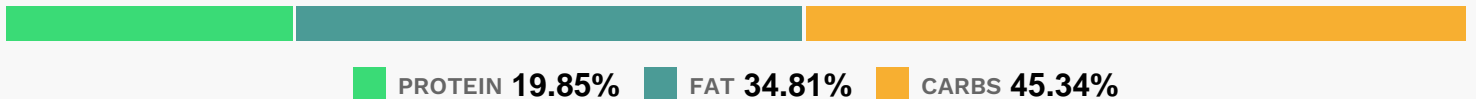
Equipment

- paper towels
- knife
- grill
- aluminum foil

Directions

- Before Cooking:A. Before marinating the ribs, remove the white membrane on the underside of the ribs. Start the removal with a sharp knife then use a paper towel to grab it and simply pull it off.B.
- Spray the BBQ grill rack with oil so the ribs wont stick.
- Place ribs on the grill, bone side down over low to medium heat; about 300°F.
- Cook for about 20 minutes; and when the ribs start getting burnt on the underside, place them on aluminum foil so they cook but dont burn. Cook for another 20 minutes or so until done. A cut next to a bone will show no red.
- Cut into individual ribs and serve hot with grillin' beans or whatever you choose. Then enjoy the wonderful flavor.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:4.28, Inflammation Score:-7, Nutrition Score:24.356956521739%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 583.75kcal (29.19%), Fat: 23.41g (36.02%), Saturated Fat: 8.26g (51.59%), Carbohydrates: 68.63g (22.88%), Net Carbohydrates: 67.25g (24.45%), Sugar: 56.71g (63.01%), Cholesterol: 97.81mg (32.6%), Sodium: 1728.18mg (75.14%), Protein: 30.04g (60.07%), Selenium: 47.59µg (67.99%), Vitamin B3: 11.93mg (59.65%), Vitamin B6: 0.97mg (48.5%), Vitamin B1: 0.69mg (46.17%), Vitamin B2: 0.67mg (39.14%), Manganese: 0.77mg (38.5%), Phosphorus: 282.01mg (28.2%), Potassium: 972.38mg (27.78%), Zinc: 4.01mg (26.76%), Vitamin K: 21.73µg (20.7%), Magnesium: 77.18mg (19.29%), Copper: 0.36mg (18.07%), Iron: 2.89mg (16.08%), Vitamin A: 730.96IU (14.62%), Vitamin B5: 1.44mg (14.37%), Vitamin E: 2.15mg (14.35%), Calcium: 134.24mg (13.42%), Vitamin B12: 0.79µg (13.23%), Vitamin C: 10.79mg (13.08%), Vitamin D: 1.56µg (10.4%), Fiber: 1.38g (5.53%), Folate: 17.54µg (4.38%)