



BBQ Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup heinz bbq sauce classic & sweet thick
- 1 Tbsp brown sugar
- 2 tsp garlic powder
- 1.5 tsp ground pepper black
- 1 Tbsp paprika
- 3 lb pork baby back ribs
- 0.5 cup water

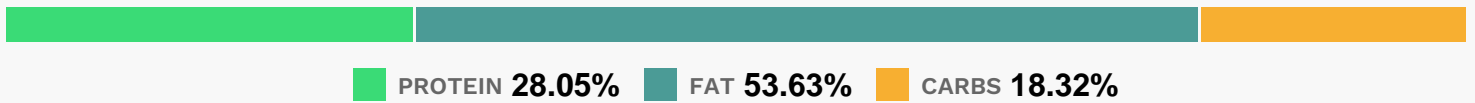
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place half the ribs in single layer on large sheet of heavy-duty foil.
- Combine sugar and seasonings; rub half evenly onto both sides of ribs. Bring up foil sides. Double fold top and one end to seal packet.
- Add 1/4 cup water to packet through open end. Double fold remaining end, leaving room for heat circulation inside. Repeat with remaining ribs to make second packet.
- Grill 45 min. to 1 hour or until ribs are done.
- Remove ribs from foil; discard foil.
- Return ribs to grill; brush with half the barbecue sauce. Grill 15 min., turning and brushing occasionally with remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.0273912882675%

Nutrients (% of daily need)

Calories: 95.28kcal (4.76%), Fat: 5.69g (8.76%), Saturated Fat: 2g (12.47%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.15g (1.51%), Sugar: 3.35g (3.72%), Cholesterol: 23.66mg (7.89%), Sodium: 118.94mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Selenium: 10.73µg (15.32%), Vitamin B3: 2.41mg (12.03%), Vitamin B1: 0.16mg (10.72%), Vitamin B6: 0.16mg (8.08%), Vitamin B2: 0.11mg (6.67%), Zinc: 0.91mg (6.05%), Phosphorus: 56.61mg (5.66%), Potassium: 116mg (3.31%), Vitamin A: 161.39IU (3.23%), Vitamin B12: 0.19µg (3.2%), Vitamin B5: 0.31mg (3.06%), Vitamin D: 0.38µg (2.51%), Iron: 0.4mg (2.23%), Copper: 0.04mg (2.16%), Magnesium: 7.57mg (1.89%), Manganese: 0.04mg (1.8%), Vitamin E: 0.23mg (1.55%), Calcium: 15.35mg (1.54%)