



BBQ Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



170 min.

SERVINGS



50

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 oz n sticky rib barbecue sauce sweet divided kraft
- 0.5 cup juice of lime
- 4 lb pork baby back ribs
- 0.5 cup water

Equipment

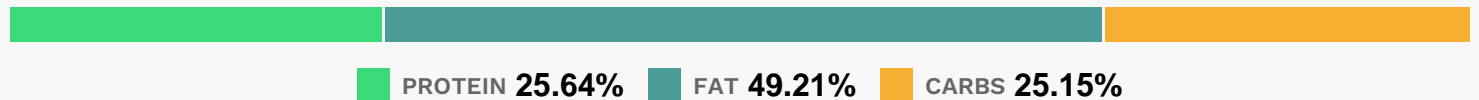
- frying pan
- oven
- grill

aluminum foil

Directions

- Mix 1 cup barbecue sauce, lime juice and water; pour over ribs in shallow dish. Turn to evenly coat both sides of ribs. Refrigerate 2 hours to marinate.
- Heat oven to 350F.
- Remove ribs from marinade; discard marinade.
- Place ribs in shallow foil-lined pan.
- Bake 30 min., heating grill to medium-high heat near the end of the baking time.
- Remove ribs from pan; place on grill grate. Grill 10 min. on each side or until done, brushing frequently with remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6221739008375%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.37kcal (3.47%), Fat: 3.8g (5.84%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.43g (3.81%), Cholesterol: 15.77mg (5.26%), Sodium: 125.18mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Selenium: 7.15µg (10.22%), Vitamin B3: 1.61mg (8.07%), Vitamin B1: 0.11mg (7.16%), Vitamin B6: 0.1mg (5.25%), Vitamin B2: 0.08mg (4.46%), Zinc: 0.6mg (4%), Phosphorus: 37.59mg (3.76%), Potassium: 82.98mg (2.37%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.21mg (2.07%), Vitamin D: 0.25µg (1.68%), Copper: 0.03mg (1.46%), Iron: 0.24mg (1.34%), Magnesium: 5.2mg (1.3%), Calcium: 10.86mg (1.09%)