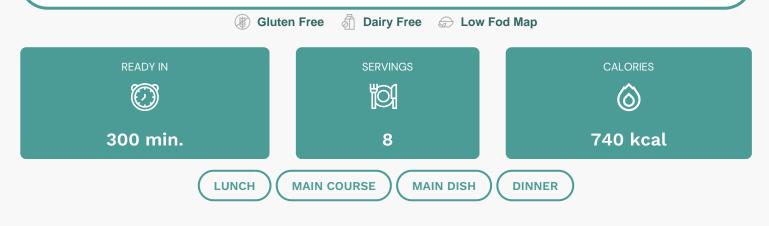


## **Best-Ever Barbecued Ribs**



## Ingredients

1.5 cups barbecue sauce homemade store-bought plus more
O.5 teaspoon pepper black freshly ground
0.5 teaspoon ground pepper
1 tablespoon ground mustard dry
2.5 tablespoons kosher salt
1 tablespoon paprika
8 pounds baby back ribs louis-style (8 racks) (4 racks)

## **Equipment**

bowl
baking sheet
oven
whisk
grill
aluminum foil
measuring cup
cutting board
rections
Preheat oven to 350°F.
Combine first 5ingredients in a small bowl.
Place each rackof ribs on a double layer of foil; sprinklerub all over ribs. Wrap racks individually anddivide between 2 baking sheets.
Bake ribs until very tender but not fallingapart, about 2 hours for baby backs and3 hours for spareribs. Carefully unwrapribs; pour any juices from foil into a 4-cupheatproof measuring cup; reserve juices.
Let ribs cool completely. DO AHEAD: Ribscan be baked up to 3 days ahead (the flavorwill be more developed, and the cold ribswill hold together better on the grill asthey heat through). Cover and chill juices. Rewrap ribs in foil and chill.
Build a medium-hot fire in a charcoalgrill, or heat a gas grill to high.
Add brothor water to rib juices, if needed, to measure1 1/2 cups.
Whisk in barbecue sauce to blend.
Grill ribs, basting with barbecue saucemixture and turning frequently, untillacquered and charred in places andheated through, 7-10 minutes.
Transferto a cutting board; cut between ribs toseparate.
Transfer to a platter and servewith additional barbecue sauce.

# **Nutrition Facts**

### **Properties**

Glycemic Index:9.88, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:30.111739031647%

#### **Nutrients** (% of daily need)

Calories: 739.97kcal (37%), Fat: 47.46g (73.01%), Saturated Fat: 16.59g (103.7%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 21.79g (7.92%), Sugar: 17.97g (19.96%), Cholesterol: 197.18mg (65.73%), Sodium: 2981.86mg (129.65%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 55.31g (110.63%), Selenium: 90.33µg (129.04%), Vitamin B3: 19.83mg (99.13%), Vitamin B1: 1.33mg (88.58%), Vitamin B6: 1.27mg (63.59%), Vitamin B2: 0.92mg (53.88%), Zinc: 7.45mg (49.67%), Phosphorus: 461.36mg (46.14%), Vitamin B12: 1.6µg (26.67%), Potassium: 861.28mg (24.61%), Vitamin B5: 2.46mg (24.56%), Vitamin D: 3.14µg (20.96%), Copper: 0.31mg (15.72%), Iron: 2.82mg (15.67%), Magnesium: 57.95mg (14.49%), Vitamin A: 666.93IU (13.34%), Calcium: 112.7mg (11.27%), Vitamin E: 1.45mg (9.68%), Manganese: 0.15mg (7.49%), Fiber: 0.96g (3.84%), Vitamin K: 2.02µg (1.92%)