



WHATSheATE



Best-Ever Barbecued Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups barbecue sauce homemade store-bought plus more
- ☐ 0.5 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

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Place each rack of ribs on a double layer of foil; sprinkle rub all over ribs. Wrap racks individually and divide between 2 baking sheets.
- ☐ Bake ribs until very tender but not falling apart, about 2 hours for baby backs and 3 hours for spare ribs. Carefully unwrap ribs; pour any juices from foil into a 4-cup heatproof measuring cup; reserve juices.
- ☐ Let ribs cool completely. DO AHEAD: Ribs can be baked up to 3 days ahead (the flavor will be more developed, and the cold ribs will hold together better on the grill as they heat through). Cover and chill juices. Rewrap ribs in foil and chill.
- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.
- ☐ Add broth or water to rib juices, if needed, to measure 1 1/2 cups.
- ☐ Whisk in barbecue sauce to blend.
- ☐ Grill ribs, basting with barbecue sauce mixture and turning frequently, until lacquered and charred in places and heated through, 7-10 minutes.
- ☐ Transfer to a cutting board; cut between ribs to separate.
- ☐ Transfer to a platter and serve with additional barbecue sauce.

Nutrition Facts



 **PROTEIN 29.93%**  **FAT 57.77%**  **CARBS 12.3%**

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: 0g (100%), Alcohol %: 0% (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%)