



## Brew House Baby Back Ribs

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup bull's-eye guinness draught beer blend barbecue sauce
- 0.5 cup brown sugar packed
- 1 Tbsp coarse kosher salt
- 2 Tbsp garlic minced
- 0.5 tsp ground pepper red (cayenne)
- 1 Tbsp onion powder
- 4 lb pork baby back ribs
- 0.5 cup cocoa powder unsweetened

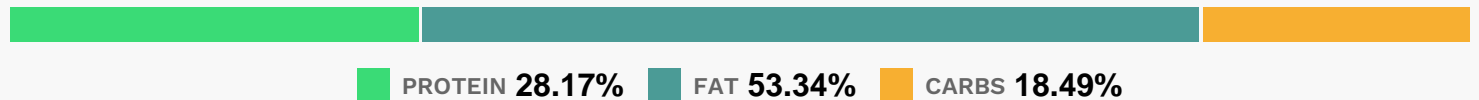
## Equipment

- frying pan
- oven
- grill
- aluminum foil

## Directions

- Heat oven to 350F.
- Mix sugar, cocoa powder, garlic and seasonings. Rub onto both sides of ribs.
- Place in 13x9-inch foil-lined pan.
- Bake 1 hour.
- Heat grill to medium-high heat; cover grill grates with additional foil.
- Transfer ribs from pan to grill.
- Grill 20 min. or until done, turning and brushing occasionally with barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:17.30956517743%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 400.96kcal (20.05%), Fat: 24.11g (37.09%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 16.62g (6.04%), Sugar: 13.52g (15.02%), Cholesterol: 98.59mg (32.86%), Sodium: 1002.34mg (43.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 28.64g (57.29%), Selenium: 45.22µg (64.6%), Vitamin B3: 9.84mg (49.2%), Vitamin B1: 0.67mg (44.36%), Vitamin B6: 0.65mg (32.43%), Zinc:

4.06mg (27.08%), Vitamin B2: 0.45mg (26.63%), Phosphorus: 266.21mg (26.62%), Copper: 0.35mg (17.62%), Manganese: 0.28mg (13.78%), Potassium: 471.87mg (13.48%), Vitamin B12: 0.8µg (13.34%), Magnesium: 52.59mg (13.15%), Vitamin B5: 1.22mg (12.19%), Iron: 2.01mg (11.19%), Vitamin D: 1.57µg (10.48%), Fiber: 2.19g (8.77%), Calcium: 70.22mg (7.02%), Vitamin E: 0.39mg (2.57%), Vitamin A: 78.43IU (1.57%), Vitamin C: 0.91mg (1.11%)