

DINNER

Chipotle-Barbecued Baby Back Ribs

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.87	581 kcal

Chipotle-Barbecued Baby Back Ribs is a gluten free, dairy free, and ketogenic main course. This recipe serves 8 and costs \$1.87 per serving. One portion of this dish contains roughly 48g of protein, 41g of fat, and a total of 581 calories. 1 person found this recipe to be scrumptious and satisfying.

Ingredients

☐ 7 pounds baby back ribs	☐ 8 servings Chipotle Barbecue Sauce
☐ ½ cup cider vinegar	☐ 2 large onions, sliced
☐ 2 teaspoons freshly ground pepper	☐ 2 tablespoons seasoned salt

EQUIPMENT Oven, Roasting pan

Method

- 1 Place ribs in a large roasting pan.
- 2 Pour vinegar over ribs. Rub ribs with seasoned salt and pepper. Separate onion into rings, and place atop ribs.
- 3 Bake, covered, at 400 for 2 1/2 hours; drain. Return ribs and onion to roasting pan.
- 4 Pour Chipotle Barbecue Sauce over ribs, turning to coat.
- 5 Bake, uncovered, 25 more minutes.

Nutrition per serving

581

KCAL

48 g

PROTEIN

41 g

FAT

4 g

CARBS

Saturated Fat	14.5 g · 91% of daily needs
Fibre	0.8 g · 3% of daily needs
Sugar	2 g · 2% of daily needs
Sodium	1,974 mg · 86% of daily needs
Cholesterol	173 mg · 58% of daily needs
Vitamin C	2.8 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chipotle-barbecued-baby-back-ribs-148575