



 **22%**  
HEALTH SCORE

## Coffee-Infused Bbq Baby Back Ribs

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**835 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 teaspoons chili powder
- 2 teaspoons thyme dried
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons salt
- 1 teaspoon pepper
- 0.5 teaspoon ground pepper
- 2 rack baby back ribs

- 1 teaspoon liquid smoke
- 1 Tb cooking oil
- 3 cloves garlic minced
- 0.8 cup apple cider vinegar
- 0.5 cup soya sauce
- 28 ounces canned tomatoes canned
- 3 Tb blackstrap molasses
- 1 cup brown sugar
- 1 cup brown sugar
- 2 teaspoons coffee instant
- 2 teaspoons cumin
- 2 Tb dijon mustard
- 2 teaspoons paprika

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- grill
- aluminum foil

## Directions

- Preheat the oven to \*35
- Mix the first seven ingredients in a small bowl.
- Cut each rack in several pieces and rub the spices over all the rib sections. You can leave the ribs whole if you like the way they look better--I just think they are easier to handle on the grill in smaller pieces!

- Pour 4 cups of water and 1 tsp. of liquid smoke in a roasting pan.
- Place the ribs in the pan, top up. Tightly cover the pan with foil and bake for 2 hours.
- Remove from the oven and rest until ready to grill. Meanwhile, add 1 Tb. oil to a sauce pan over medium heat.
- Add the garlic and saut for 1–2 minutes. Then add the rest of the ingredients for the BBQ sauce to the sauce pan. Simmer for at least 30 minutes, stirring occasionally.
- Heat a grill over medium–low heat.
- Brush the ribs completely with BBQ sauce.
- Place them on the grill and cook for 20 minutes, turning and brushing every 5 minutes until the desired bark has developed.
- It's fun to make your own BBQ sauce. But in a pinch, buy a bottled variety you like and simmer for a few minutes with the coffee granules!

## Nutrition Facts



**PROTEIN 19.44%** **FAT 36.33%** **CARBS 44.23%**

## Properties

Glycemic Index:48.83, Glycemic Load:6.53, Inflammation Score:-8, Nutrition Score:33.303043478261%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 834.56kcal (41.73%), Fat: 34.42g (52.95%), Saturated Fat: 11.26g (70.39%), Carbohydrates: 94.28g (31.43%), Net Carbohydrates: 90.19g (32.8%), Sugar: 85.2g (94.67%), Cholesterol: 130.41mg (43.47%), Sodium: 2302.6mg (100.11%), Caffeine: 10.47mg (3.49%), Protein: 41.44g (82.88%), Selenium: 64.29µg (91.84%), Vitamin B3: 15.82mg (79.09%), Vitamin B1: 1.01mg (67.45%), Vitamin B6: 1.23mg (61.27%), Manganese: 0.84mg (42.06%), Vitamin B2: 0.71mg (41.76%), Phosphorus: 394.23mg (39.42%), Zinc: 5.57mg (37.1%), Iron: 6.57mg (36.47%), Potassium: 1273.74mg (36.39%), Copper: 0.58mg (28.89%), Magnesium: 110.99mg (27.75%), Vitamin A: 1154.17IU (23.08%), Calcium: 224.86mg (22.49%), Vitamin E: 3.37mg (22.44%), Vitamin B5: 2.23mg (22.29%), Vitamin B12: 1.06µg (17.64%), Vitamin K: 17.2µg (16.38%), Fiber: 4.09g (16.38%), Vitamin C: 13.08mg (15.86%), Vitamin D: 2.08µg (13.86%), Folate: 24.26µg (6.06%)