



Dry-Rubbed Baby-Back Ribs

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

READY IN



10 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back ribs (2 racks)
- 2 tablespoons brown sugar
- 0.5 teaspoon ground pepper
- 1 teaspoon chili powder
- 4 cloves garlic chopped
- 4 servings salt and pepper

Equipment

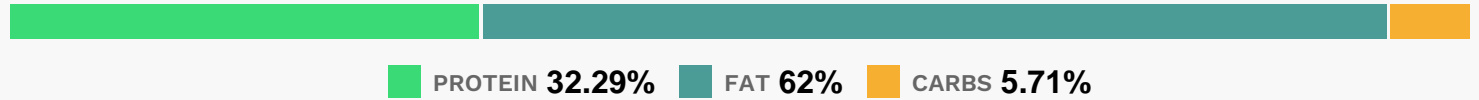
- bowl

grill

Directions

In a small bowl, combine the garlic, brown sugar, chili powder, cayenne, 2 teaspoons salt, and 3/4 teaspoon black pepper. Rub on the ribs and let sit for 10 minutes. Meanwhile, heat grill to medium. Grill the ribs, covered, turning occasionally, until cooked through, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:22.516521838048%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 509.56kcal (25.48%), Fat: 35.13g (54.04%), Saturated Fat: 12.42g (77.61%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.91g (6.57%), Cholesterol: 147.88mg (49.29%), Sodium: 390.72mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.33%), Selenium: 66.42µg (94.88%), Vitamin B3: 14.63mg (73.15%), Vitamin B1: 0.99mg (65.83%), Vitamin B6: 0.96mg (48.03%), Vitamin B2: 0.66mg (39.06%), Zinc: 5.51mg (36.72%), Phosphorus: 337.12mg (33.71%), Vitamin B12: 1.2µg (20%), Vitamin B5: 1.78mg (17.83%), Potassium: 564.21mg (16.12%), Vitamin D: 2.36µg (15.72%), Copper: 0.21mg (10.65%), Iron: 1.83mg (10.17%), Magnesium: 36.71mg (9.18%), Calcium: 78.99mg (7.9%), Vitamin A: 299.7IU (5.99%), Vitamin E: 0.78mg (5.21%), Manganese: 0.09mg (4.26%), Vitamin C: 1.13mg (1.37%), Fiber: 0.31g (1.22%)