



Easy BBQ Baby Back Pork Ribs

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds baby back ribs
- 1 teaspoon pepper black freshly ground
- 1 tablespoon chili powder
- 2 tablespoons apple cider vinegar
- 0.3 cup t brown sugar dark packed
- 2 teaspoons garlic powder
- 2 teaspoons ground mustard
- 1.5 cups catsup

- 3 tablespoons kosher salt
- 0.3 cup blackstrap molasses dark light (not blackstrap)
- 2 teaspoons paprika
- 0.5 cup water
- 2 tablespoons worcestershire sauce

Equipment

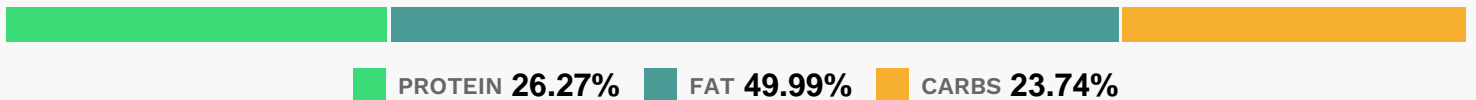
- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- whisk
- grill
- aluminum foil
- cutting board

Directions

- Place all of the ingredients except the ribs in a medium bowl and stir to combine; set aside.
- Cut 4 (24-by-12-inch) pieces of aluminum foil; set aside. Pat the ribs dry with paper towels.
- Remove the thin membrane attached to the underside of the ribs by doing the following: Flip the ribs over so they're bone-side up. Starting at the end of 1 rack, slide the tip of a paring knife between the membrane and the bone, then lift and cut through the membrane. Grasping the membrane with a paper towel, pull it toward the other end of the rack and completely remove it. Repeat with the second rack.
- Cut 1 rack in half crosswise and place the 2 pieces side by side on a sheet of foil. Repeat with the second rack and a second piece of foil. Evenly coat both sides of the ribs with the spice rub. Pull the foil up and over each set of ribs to create 2 completely enclosed packets.

- Place the packets side by side on a rimmed baking sheet. Cover the baking sheet tightly with the remaining 2 pieces of foil. (At this point, you can roast the ribs immediately, but for the best flavor and texture, refrigerate them for up to 24 hours.)
- Heat the oven to 325°F and arrange a rack in the middle. (If you rubbed the ribs in advance, remove them from the refrigerator and set aside at room temperature while the oven is heating, at least 20 minutes.)
- Place all of the ingredients in a medium saucepan and bring to a simmer over medium heat, whisking occasionally. Reduce the heat to low and continue to simmer, whisking occasionally, until the flavors have melded and the sauce has reduced to about 2 cups, about 30 to 40 minutes.
- Heat a gas or charcoal grill to medium (350°F to 450°F).
- Remove the ribs from the foil, place them meaty-side up on the grill, and brush them with some of the sauce. Cover the grill and cook for 5 minutes. Flip and brush the ribs and cook another 5 minutes. Continue to cook, flipping and brushing every 5 minutes, until the sauce has thickened and the ribs are heated through and have grill marks, for a total grilling time of 20 minutes.
- Transfer the ribs to a cutting board and cut the racks between the bones.
- Transfer the remaining barbecue sauce to a serving bowl and serve with the ribs.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:4.73, Inflammation Score:-7, Nutrition Score:30.418260740197%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 699.78kcal (34.99%), Fat: 39.5g (60.77%), Saturated Fat: 13.85g (86.56%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 41.07g (14.94%), Sugar: 35.95g (39.94%), Cholesterol: 164.31mg (54.77%), Sodium: 4346.19mg (188.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.7g (93.4%), Selenium: 78.17µg (111.68%), Vitamin B3: 17.44mg (87.21%), Vitamin B1: 1.12mg (74.68%), Vitamin B6: 1.26mg (63.06%), Vitamin B2: 0.86mg (50.47%), Zinc: 6.38mg (42.53%), Phosphorus: 407.25mg (40.73%), Potassium: 1090.24mg (31.15%), Magnesium: 89.24mg (22.31%), Vitamin B12: 1.33µg (22.23%), Vitamin A: 1090.39IU (21.81%), Vitamin B5: 2.15mg

(21.51%), Manganese: 0.42mg (21.22%), Iron: 3.63mg (20.17%), Copper: 0.39mg (19.58%), Vitamin D: 2.62µg (17.46%), Vitamin E: 2.2mg (14.66%), Calcium: 140.88mg (14.09%), Fiber: 1.13g (4.53%), Vitamin K: 4.39µg (4.18%), Vitamin C: 3.27mg (3.97%), Folate: 8.28µg (2.07%)