



## Easy Chipotle Barbecued Ribs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



40

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 4.5 tsp chipotle peppers in adobo sauce canned chopped
- 4.5 tsp orange marmalade
- 3 lb pork baby back ribs cut into 2-rib servings

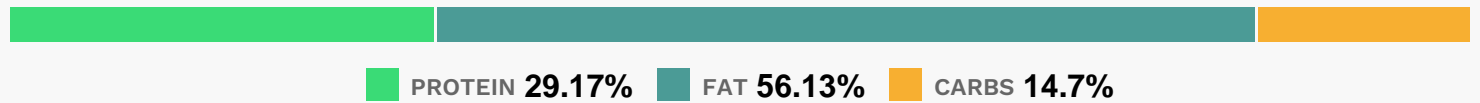
### Equipment

- grill
- dutch oven

## Directions

- Place ribs in Dutch oven or stockpot.
- Add enough cold water to completely cover ribs; cover with lid. Bring to boil; simmer on medium-low heat 20 min. Meanwhile, mix remaining ingredients until blended.
- Heat grill to medium heat.
- Drain ribs; place on grill grate. Grill 10 min. or until done, turning occasionally and brushing generously with barbecue sauce mixture.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2591304511804%

## Nutrients (% of daily need)

Calories: 56.47kcal (2.82%), Fat: 3.52g (5.42%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.7g (1.89%), Cholesterol: 14.79mg (4.93%), Sodium: 55.92mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Selenium: 6.63µg (9.47%), Vitamin B3: 1.47mg (7.37%), Vitamin B1: 0.1mg (6.59%), Vitamin B6: 0.09mg (4.66%), Vitamin B2: 0.07mg (3.97%), Zinc: 0.55mg (3.67%), Phosphorus: 33.75mg (3.38%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.18mg (1.81%), Potassium: 61.52mg (1.76%), Vitamin D: 0.24µg (1.57%), Copper: 0.02mg (1.14%), Iron: 0.2mg (1.11%)