



Fall-Off-the-Bone Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds baby back ribs (2 slabs)
- 1 large onion sliced ()
- 12 ounce beer
- 1 serving pepper black freshly ground to taste
- 2 cups barbecue sauce

Equipment

- baking sheet
- paper towels

- oven
- knife
- grill
- aluminum foil

Directions

- Preheat the oven to 325°F (163° C).
- To remove the membrane from the back of the ribs, slip the tip of a small, dull knife, such as a table knife, in between the membrane and bone anywhere along the edge of the slab of ribs. Lift the knife to separate the membrane from the bone, then grab the membrane with one hand through a paper towel (the towel helps keep the membrane from slipping out of your grip) and rip it off.
- Spread the onion slices evenly on a rimmed baking sheet.
- Place the ribs, bone side down, on the onion.
- Pour the beer over the ribs, season with salt and pepper, and cover tightly with foil.
- Bake, undisturbed, for 2 hours.
- Prepare a fire in a charcoal grill and let the coals burn to a gray ash with a faint red glow, or until you can hold your hand 3 to 4 inches above the fire for no more than 6 seconds.
- Brush both sides of the baby back ribs with the barbecue sauce and place the ribs, meat side down, over the coals. Grill the ribs, basting the top-facing side several times, until slightly charred, 10 to 15 minutes.
- Turn the slab of ribs and liberally baste the cooked side. Treat the slab gingerly, so as not to lose any of the luscious meat to the flames of the grill. Close the lid of the grill and cook the ribs, basting often, 10 to 15 minutes longer.
- Cut the slabs into individual ribs, pile them onto a large platter, and serve warm.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:29.688260824784%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 857.69kcal (42.88%), Fat: 41.77g (64.26%), Saturated Fat: 14.54g (90.88%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 62.95g (22.89%), Sugar: 49.07g (54.52%), Cholesterol: 172.53mg (57.51%), Sodium: 1695.34mg (73.71%), Alcohol: 3.32g (100%), Alcohol %: 0.82% (100%), Protein: 49.66g (99.32%), Selenium: 79.32µg (113.32%), Vitamin B3: 18.28mg (91.38%), Vitamin B1: 1.2mg (79.81%), Vitamin B6: 1.25mg (62.33%), Vitamin B2: 0.87mg (51.42%), Zinc: 6.67mg (44.44%), Phosphorus: 436.49mg (43.65%), Potassium: 1027.41mg (29.35%), Vitamin B12: 1.42µg (23.62%), Vitamin B5: 2.36mg (23.61%), Vitamin D: 2.75µg (18.34%), Copper: 0.35mg (17.49%), Magnesium: 67.49mg (16.87%), Iron: 2.91mg (16.19%), Calcium: 136.84mg (13.68%), Manganese: 0.26mg (12.93%), Vitamin E: 1.75mg (11.68%), Fiber: 1.93g (7.72%), Vitamin A: 376.22IU (7.52%), Vitamin C: 3.63mg (4.4%), Folate: 15.09µg (3.77%), Vitamin K: 2.76µg (2.63%)