

Garlic Cajun Ribs

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbeque sauce
- 2 tablespoons cajun spice
- 2 tablespoons garlic minced
- 4 pounds pork baby back ribs
- 2 tablespoons lawry's seasoned salt
- 1.5 gallons water
- 6 tablespoons worcestershire sauce

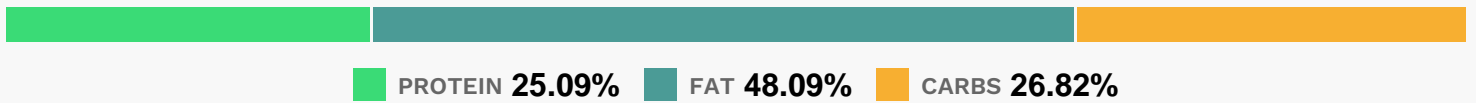
Equipment

- mixing bowl
- pot
- grill

Directions

- Preheat grill for medium heat.
- In a large pot, bring the water to a boil. Season boiling water with 2 tablespoons garlic, 4 tablespoons Cajun-style seasoning, and 4 tablespoons seasoned salt. Boil ribs in seasoned water for 15 to 20 minutes.
- In a mixing bowl, mix together barbeque sauce, 2 tablespoons garlic, 2 tablespoons Cajun-style seasoning, 2 tablespoons seasoned salt, and Worcestershire sauce.
- Place ribs in large baking dishes, and apply a generous amount of the barbeque sauce mixture to the ribs. Set aside for 10 to 15 minutes to marinate.
- Grill the ribs for 7 to 12 minutes per side, until nicely browned.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:19.001304401004%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 447.5kcal (22.37%), Fat: 23.97g (36.88%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.85g (10.49%), Sugar: 22.65g (25.17%), Cholesterol: 98.59mg (32.86%), Sodium: 2728.19mg (118.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.29%), Selenium: 45.16µg (64.51%), Vitamin B3: 10.34mg (51.71%), Vitamin B1: 0.69mg (45.76%), Vitamin B6: 0.71mg (35.65%), Vitamin B2: 0.51mg (30.11%), Zinc: 3.94mg (26.24%), Phosphorus: 249mg (24.9%), Vitamin A: 1046.51IU (20.93%), Potassium: 651.18mg (18.61%), Copper: 0.33mg (16.74%), Iron: 2.59mg (14.38%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.33mg (13.29%), Calcium: 108.99mg (10.9%), Magnesium: 43.57mg (10.89%), Vitamin D: 1.57µg (10.48%), Vitamin E: 1.37mg (9.16%), Manganese: 0.16mg (7.88%), Fiber: 1.23g (4.91%), Vitamin C: 2.68mg (3.25%), Vitamin K: 2.71µg (2.59%)