



Grilled Baby Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



700 min.

SERVINGS



6

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 lb baby back pork ribs
- ☐ 6 servings bottled barbecue sauce
- ☐ 1 tablespoon ground pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 2 limes halved
- ☐ 0.5 teaspoon pepper dried red crushed

Equipment

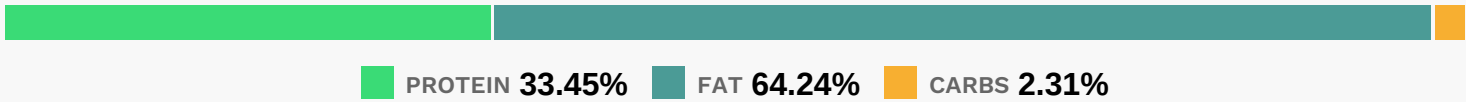
- ☐ knife

- ☐ plastic wrap
- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine kosher salt and next 2 ingredients.
- ☐ Remove thin membrane from back of ribs by slicing into it with a knife and pulling it off.
- ☐ Rub ribs with cut sides of limes, squeezing as you rub. Massage salt mixture into meat, covering all sides. Wrap tightly with plastic wrap.
- ☐ Place in a 13- x 9-inch baking dish; cover and chill 8 hours.
- ☐ Light 1 side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Let slabs stand at room temperature 30 minutes.
- ☐ Remove plastic wrap.
- ☐ Place slabs over unlit side of grill, stacking one on top of the other. Grill, covered with grill lid, 40 minutes. Rotate slabs, moving bottom slab to top; grill 40 minutes. Rotate again; grill 40 minutes.
- ☐ Lower grill temperature to 300 to 350 (medium) heat; place slabs side by side over unlit side of grill. Baste with barbecue sauce. Grill 30 minutes, covered with grill lid, basting with sauce occasionally.
- ☐ Remove from grill; let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:26.981304816578%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 598.17kcal (29.91%), Fat: 42.88g (65.97%), Saturated Fat: 15.17g (94.82%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.73g (0.81%), Cholesterol: 180.75mg (60.25%), Sodium: 1404.32mg (61.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.24g (100.49%), Selenium: 80.61µg (115.15%), Vitamin B3: 17.83mg (89.16%), Vitamin B1: 1.21mg (80.37%), Vitamin B6: 1.12mg (56.11%), Vitamin B2: 0.81mg (47.49%), Zinc: 6.7mg (44.68%), Phosphorus: 409.7mg (40.97%), Vitamin B12: 1.47µg (24.45%), Vitamin B5: 2.21mg (22.08%), Potassium: 688.9mg (19.68%), Vitamin D: 2.88µg (19.21%), Copper: 0.27mg (13.47%), Iron: 2.27mg (12.59%), Magnesium: 45.37mg (11.34%), Calcium: 94.6mg (9.46%), Vitamin C: 6.51mg (7.89%), Manganese: 0.16mg (7.87%), Vitamin E: 0.76mg (5.07%), Fiber: 0.95g (3.78%), Vitamin A: 125.92IU (2.52%), Vitamin K: 1.97µg (1.87%)