



Grilled Baby Back Ribs with Spicy Barbecue Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



170 min.

SERVINGS



24

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 lb baby back ribs
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon celery seed
- ☐ 1 cup catsup
- ☐ 0.5 teaspoon liquid smoke
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon hot sauce red

- ☐ 1 teaspoon salt
- ☐ 0.5 cup water
- ☐ 0.3 cup vinegar white

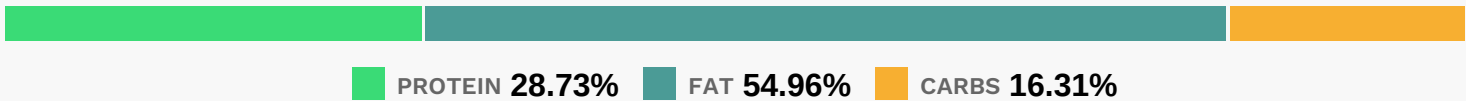
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325F.
- ☐ Cut ribs into serving pieces; sprinkle with salt and pepper.
- ☐ Place ribs in 15x10x1-inch pan. Cover with foil; bake about 2 hours 30 minutes or until tender.
- ☐ Meanwhile, in 2-quart saucepan, mix sauce ingredients.
- ☐ Heat to boiling over medium heat, stirring frequently. Reduce heat to low; simmer uncovered 15 minutes, stirring occasionally.
- ☐ Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- ☐ Place pork on unheated side of two-burner gas grill or over drip pan on charcoal grill. (If using one-burner gas grill, cook over low heat.) Cover grill; cook 15 to 20 minutes, brushing with sauce every 5 minutes, until pork is no longer pink and meat begins to pull away from bones. Discard any remaining sauce.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:5.9704347052004%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 143.41kcal (7.17%), Fat: 8.83g (13.58%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 5.82g (2.11%), Sugar: 5.1g (5.66%), Cholesterol: 36.97mg (12.32%), Sodium: 238.22mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Selenium: 16.6µg (23.72%), Vitamin B3: 3.79mg (18.93%), Vitamin B1: 0.25mg (16.46%), Vitamin B6: 0.25mg (12.29%), Vitamin B2: 0.18mg (10.64%), Zinc: 1.4mg (9.32%), Phosphorus: 86.85mg (8.69%), Vitamin B12: 0.3µg (5%), Potassium: 169.31mg (4.84%), Vitamin B5: 0.45mg (4.48%), Vitamin D: 0.59µg (3.93%), Iron: 0.59mg (3.26%), Copper: 0.06mg (3.21%), Magnesium: 11.47mg (2.87%), Calcium: 25.81mg (2.58%), Manganese: 0.05mg (2.37%), Vitamin E: 0.28mg (1.85%), Vitamin A: 63.81IU (1.28%)