



Grilled Pork Ribs with Chipotle Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb baby back ribs (cut into 4 sections)
- 1 tablespoon vegetable oil
- 4 teaspoons thyme leaves (dried fresh chopped)
- 2 cups catsup
- 1 cup beef broth
- 6 chipotles in adobo (finely chopped (from 7-oz can))
- 0.5 cup brown sugar (packed)

- 0.5 cup vinegar white
- 1 teaspoon chipotles in adobo
- 4 cloves garlic finely chopped

Equipment

- frying pan
- sauce pan
- grill

Directions

- Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- Brush meaty sides of pork ribs with oil; sprinkle with thyme.
- Place pork, meaty sides up, 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 over medium heat 1 hour 30 minutes to 2 hours or until no longer pink when cut near bone and pork is tender.
- Meanwhile, in 3-quart saucepan, mix Chipotle Barbecue Sauce ingredients; heat to boiling. Reduce heat; simmer uncovered 15 minutes, stirring occasionally.
- Brush sauce over pork 2 or 3 times during last 15 minutes of grilling.
- Heat any remaining sauce to boiling; boil and stir 1 minute.
- Cut pork into serving pieces; serve with remaining sauce.

Nutrition Facts



PROTEIN 24.11% **FAT 48.14%** **CARBS 27.75%**

Properties

Glycemic Index:15.63, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:17.903913088467%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg,

Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 464.06kcal (23.2%), Fat: 25.18g (38.74%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 31.13g (11.32%), Sugar: 26.93g (29.92%), Cholesterol: 98.59mg (32.86%), Sodium: 784.74mg (34.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.76%), Selenium: 44.95µg (64.22%), Vitamin B3: 10.82mg (54.09%), Vitamin B1: 0.66mg (44.24%), Vitamin B6: 0.73mg (36.42%), Vitamin B2: 0.55mg (32.24%), Zinc: 3.77mg (25.15%), Phosphorus: 244.08mg (24.41%), Potassium: 568.43mg (16.24%), Vitamin B12: 0.82µg (13.69%), Vitamin B5: 1.23mg (12.34%), Iron: 1.93mg (10.75%), Vitamin D: 1.57µg (10.48%), Copper: 0.2mg (9.92%), Vitamin E: 1.36mg (9.06%), Magnesium: 34.63mg (8.66%), Vitamin A: 387.47IU (7.75%), Calcium: 74.23mg (7.42%), Manganese: 0.13mg (6.68%), Fiber: 1.54g (6.16%), Vitamin C: 4.53mg (5.49%), Vitamin K: 4.95µg (4.72%), Folate: 6.63µg (1.66%)