



Grilled Pork Ribs with Chipotle Barbecue Sauce

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb baby back ribs (cut into 4 sections)
- 1 cup beef broth
- 0.5 cup brown sugar (packed)
- 1 teaspoon chipotles in adobo
- 6 chipotles in adobo (finely chopped (from 7-oz can))
- 4 cloves garlic (finely chopped)
- 2 cups catsup

- 1 tablespoon vegetable oil
- 0.5 cup vinegar white

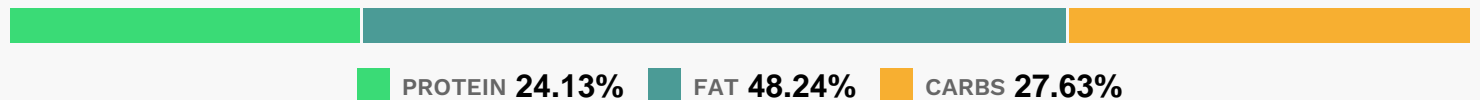
Equipment

- 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



Properties

Glycemic Index:10, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:17.579130359318%

Flavonoids

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: 463.05kcal (23.15%), Fat: 25.17g (38.72%), Saturated Fat: 8.56g (53.53%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 31.02g (11.28%), Sugar: 26.93g (29.92%), Cholesterol: 98.59mg (32.86%), Sodium: 784.65mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.65%), Selenium: 44.95µg (64.22%), Vitamin B3: 10.8mg (54%), Vitamin B1: 0.66mg (44.21%), Vitamin B6: 0.73mg (36.25%), Vitamin B2: 0.54mg (31.96%), Zinc: 3.75mg (25.03%), Phosphorus: 243.02mg (24.3%), Potassium: 562.34mg (16.07%), Vitamin B12: 0.82µg (13.69%), Vitamin B5: 1.23mg (12.3%), Vitamin D: 1.57µg (10.48%), Iron: 1.76mg (9.78%), Copper: 0.19mg (9.65%), Vitamin E: 1.36mg (9.06%), Magnesium: 33.03mg (8.26%), Calcium: 70.18mg (7.02%), Vitamin A: 339.96IU (6.8%), Manganese: 0.12mg (5.82%), Fiber: 1.4g (5.6%), Vitamin K: 4.95µg (4.72%), Vitamin C: 2.93mg (3.55%), Folate: 6.18µg (1.55%)