

Hoot-n Holler Baby Back Pork Ribs

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 racks baby back ribs (per rack)
- 1 cup barbecue sauce prepared (mild or spicy)
- 3 bay leaves
- 0.5 cup brown sugar
- 12 ounce mesquite-flavored marinade
- 1 medium onion whole peeled

Equipment

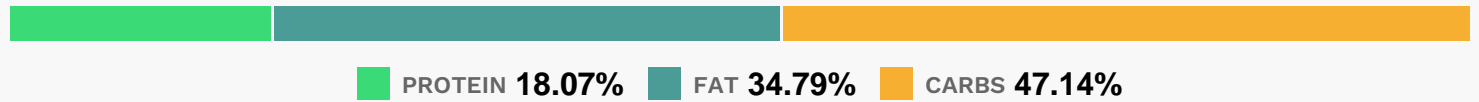
- baking sheet

- mixing bowl
- pot
- grill

Directions

- In a large stockpot, place both racks of ribs; add enough water to cover ribs.
- Add marinade, bay leaves and onion. Bring mixture to a boil over high heat. (This will create foam on top.) Reduce to medium-low heat; simmer 45 minutes or until ribs are just tender.
- Remove ribs from cooking liquid; drain on rimmed baking sheet.
- Heat grill to medium heat (about 350 degrees F.).
- Meanwhile, in a small mixing bowl, stir together the barbecue sauce and brown sugar.
- Brush over both sides of ribs.
- Place ribs on grill, bone side down, close lid. Grill for 7 minutes, turn and grill 7 minutes more.

Nutrition Facts



Properties

Glycemic Index:16.18, Glycemic Load:39.96, Inflammation Score:-3, Nutrition Score:20.949999757435%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 800.79kcal (40.04%), Fat: 31.37g (48.26%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 95.66g (31.89%), Net Carbohydrates: 94.9g (34.51%), Sugar: 90.97g (101.08%), Cholesterol: 130.41mg (43.47%), Sodium: 661.84mg (28.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.32%), Selenium: 59.3µg (84.71%), Vitamin B3: 13.13mg (65.67%), Vitamin B1: 0.88mg (58.88%), Vitamin B6: 0.86mg (43.19%), Vitamin B2: 0.62mg (36.42%), Zinc: 4.93mg (32.84%), Phosphorus: 306.7mg (30.67%), Potassium: 629.97mg (18%), Vitamin B12: 1.06µg (17.64%), Vitamin B5: 1.67mg (16.71%), Vitamin D: 2.08µg (13.86%), Copper: 0.23mg (11.31%), Iron: 1.96mg (10.89%), Magnesium: 39.98mg (10%), Calcium: 94.74mg (9.47%), Manganese: 0.12mg (5.85%), Vitamin E: 0.84mg (5.59%), Vitamin A: 151.81IU (3.04%), Fiber: 0.75g (3.02%), Vitamin C: 1.67mg (2.02%), Folate: 4.71µg (1.18%)