



 **81%**
HEALTH SCORE

How to Make Baked BBQ Baby Back Ribs

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



200 min.

SERVINGS



1

CALORIES



2569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup ancho chile powder
- 1 rack baby back pork ribs
- 1 cup barbeque sauce
- 2 tablespoons pepper black freshly ground
- 0.3 cup brown sugar
- 1 teaspoon mustard dry
- 1 teaspoon ground pepper
- 0.5 teaspoon ground chipotle pepper dried

- 1 tablespoon ground cumin
- 0.3 cup salt
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil

Directions

- Preheat oven to 250 degrees F (120 degrees C).
- Mix ancho chile powder, white sugar, brown sugar, salt, black pepper, cumin, dry mustard, cayenne pepper, and chipotle pepper in a small bowl until combined.
- Place ribs meat-side down on aluminum foil. Prick back of rib rack several times with a knife.
- Generously apply coating of dry rub to all sides of rib rack.
- With rib rack meat-side down, fold foil around it to create a tight seal.
- Transfer to sheet pan.
- Bake in preheated oven until tender and cooked through, about 2 hours.
- Remove and cool 15 minutes.
- Increase oven temperature to 350 degrees F (175 degrees C).
- Open foil, drain and discard any accumulated juices and fat.
- Brush barbeque sauce on all sides of rack.
- Place rack meat-side up and return to oven, leaving foil open.
- Bake for 10 minutes, remove from oven, and brush another layer of barbeque sauce on meat-side only. Repeat baking and brushing with sauce 4 more times, for a total of 50 minutes baking time.
- Cut rack into individual rib segments and serve with more barbeque sauce.

Nutrition Facts

■ PROTEIN 19.1% ■ FAT 37.92% ■ CARBS 42.98%

Properties

Glycemic Index:139.09, Glycemic Load:36.68, Inflammation Score:-10, Nutrition Score:80.516087138134%

Nutrients (% of daily need)

Calories: 2569.05kcal (128.45%), Fat: 114.39g (175.98%), Saturated Fat: 36.22g (226.37%), Carbohydrates: 291.75g (97.25%), Net Carbohydrates: 243.21g (88.44%), Sugar: 207.33g (230.37%), Cholesterol: 391.23mg (130.41%), Sodium: 33718.09mg (1466%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 129.67g (259.34%), Vitamin A: 37110.71IU (742.21%), Vitamin E: 50.17mg (334.47%), Selenium: 208.39µg (297.71%), Vitamin B3: 54.71mg (273.53%), Vitamin B6: 5.25mg (262.29%), Manganese: 4.36mg (218.16%), Vitamin B1: 3.03mg (201.9%), Fiber: 48.54g (194.17%), Iron: 32.92mg (182.89%), Vitamin B2: 3.09mg (181.48%), Vitamin K: 152.92µg (145.64%), Zinc: 20.71mg (138.09%), Potassium: 4792.03mg (136.92%), Phosphorus: 1361.78mg (136.18%), Copper: 2.2mg (109.9%), Magnesium: 364.25mg (91.06%), Calcium: 844.79mg (84.48%), Vitamin B5: 6.42mg (64.23%), Vitamin B12: 3.18µg (52.92%), Vitamin D: 6.24µg (41.58%), Folate: 47.67µg (11.92%), Vitamin C: 4.68mg (5.68%)