



John Wills's Baby Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 pounds baby back ribs



1 cup basting sauce



1 cup sauce sweet



3 tablespoons spices: paprika powder 1 dry

Equipment



frying pan

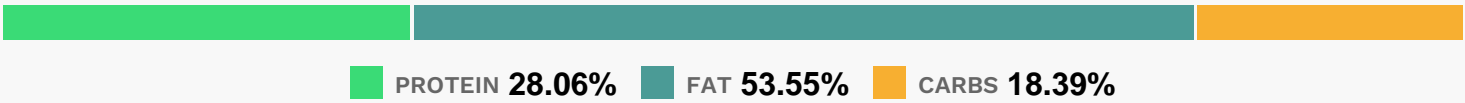


grill

Directions

- ☐ Place ribs in a large, shallow pan. Rub Dry Spices all over ribs. Cover and chill 3 hours.
- ☐ Prepare a hot fire by piling charcoal on 1 side of grill, leaving other side empty. (For gas grills, light only 1 side.) Arrange ribs over unlit side.
- ☐ Grill, covered with grill lid, 2 hours, basting sparingly with Basting Sauce (about every 30 minutes) and turning ribs occasionally.
- ☐ Brush ribs with Sweet Sauce the last 30 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:29.917826094057%

Nutrients (% of daily need)

Calories: 799.82kcal (39.99%), Fat: 47.35g (72.85%), Saturated Fat: 16.82g (105.12%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 35.93g (13.07%), Sugar: 27.68g (30.75%), Cholesterol: 197.18mg (65.73%), Sodium: 1670.48mg (72.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.82g (111.64%), Selenium: 88.15µg (125.93%), Vitamin B3: 19.46mg (97.32%), Vitamin B1: 1.31mg (87.46%), Vitamin B6: 1.22mg (61.2%), Vitamin B2: 0.88mg (51.63%), Zinc: 7.36mg (49.1%), Phosphorus: 445.39mg (44.54%), Manganese: 0.74mg (36.79%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.34mg (23.38%), Potassium: 735.67mg (21.02%), Vitamin D: 3.14µg (20.96%), Iron: 3.06mg (16.99%), Copper: 0.28mg (14.09%), Magnesium: 51.84mg (12.96%), Calcium: 119.28mg (11.93%), Vitamin E: 0.77mg (5.15%), Fiber: 0.67g (2.66%), Vitamin A: 74.61IU (1.49%), Vitamin C: 1.05mg (1.28%), Vitamin K: 1.28µg (1.22%)