



## Kansas City BBQ Ribs

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

READY IN



80 min.

SERVINGS



8

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup heinz bbq sauce kansas city & smoky sweet
- 1 tsp pepper black
- 0.3 cup brown sugar packed
- 0.3 tsp ground pepper red (cayenne)
- 1.5 tsp garlic powder and onion powder
- 1 Tbsp paprika
- 4 lb pork spareribs trimmed

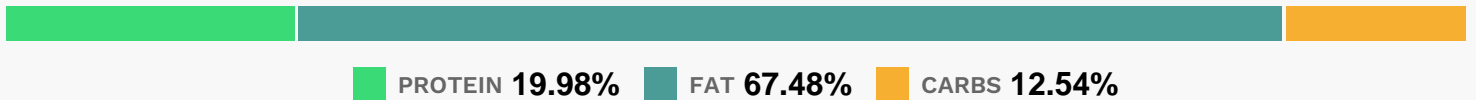
## Equipment

- baking sheet
- oven
- grill
- aluminum foil

## Directions

- Heat oven to 350F.
- Combine sugar and seasonings; rub over ribs.
- Place on foil-covered rimmed baking sheet sprayed with cooking spray.
- Bake 1 hour.
- Heat grill to medium-high heat.
- Transfer ribs to grill.
- Grill 8 to 10 min. or until heated through, turning and brushing frequently with barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:22.076956504065%

## Nutrients (% of daily need)

Calories: 720.58kcal (36.03%), Fat: 53.43g (82.2%), Saturated Fat: 17.12g (106.98%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 21.57g (7.84%), Sugar: 18.66g (20.74%), Cholesterol: 181.44mg (60.48%), Sodium: 554.83mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.17%), Selenium: 50.58µg (72.25%), Vitamin B6: 1.36mg (67.75%), Vitamin B3: 10.89mg (54.44%), Vitamin B1: 0.74mg (49.13%), Zinc: 5.79mg (38.61%), Vitamin B2: 0.6mg (35.36%), Vitamin D: 5.22µg (34.78%), Phosphorus: 331.89mg (33.19%), Potassium: 669.2mg (19.12%), Vitamin B5: 1.51mg (15.13%), Vitamin B12: 0.86µg (14.36%), Iron: 2.57mg (14.26%), Copper: 0.22mg (11.13%), Magnesium: 44.09mg (11.02%), Vitamin A: 523.51IU (10.47%), Vitamin E: 1.39mg (9.29%), Manganese: 0.12mg (6.22%), Calcium: 56.39mg (5.64%), Fiber: 0.77g (3.06%), Vitamin K: 1.8µg (1.71%)