

My Back Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



140 min.

SERVINGS



3

CALORIES



1103 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lbs crossing over quintessential american desserts
- 0.8 cup barbecue sauce for basting, your favourite, you may want to use less (
- 1 large rib optional: lemon sliced
- 3 tablespoons lawry's seasoned salt
- 3 servings water

Equipment

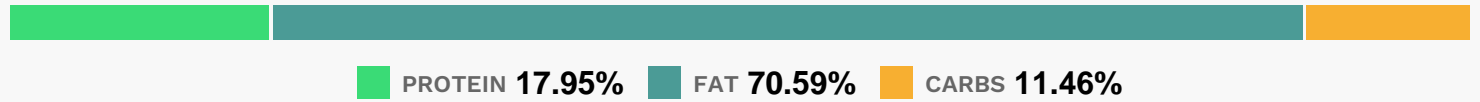
- oven
- knife

- grill
- aluminum foil

Directions

- Rub the ribs with seasoned salt (or your favorite spice) on all sides.
- Place in long casserole meat side down and place lemon on top (evenly spaced not overlapping). Fill casserole with about an inch of water. Cover with tin foil and bake at 325 degrees for about 2 hours periodically checking to make sure there is enough water and that they are not falling off the bone to the extent that they cannot go on the BBQ. Baste with your favorite BBQ sauce and grill on your BBQ for about 5 minutes per side.
- Serve (with plenty of napkins) but no knife.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:24.526521895243%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1102.84kcal (55.14%), Fat: 86.39g (132.91%), Saturated Fat: 38.26g (239.15%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 30.91g (11.24%), Sugar: 23.75g (26.38%), Cholesterol: 226.8mg (75.6%), Sodium: 7885mg (342.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.43g (98.85%), Zinc: 11.81mg (78.7%), Vitamin B12: 4.69µg (78.12%), Selenium: 52.66µg (75.23%), Vitamin B3: 11.94mg (59.7%), Vitamin B6: 1.17mg (58.34%), Vitamin B2: 0.68mg (39.71%), Phosphorus: 377.23mg (37.72%), Iron: 5.45mg (30.27%), Potassium: 827mg (23.63%), Vitamin B1: 0.24mg (16.22%), Magnesium: 63.27mg (15.82%), Copper: 0.28mg (13.81%), Calcium: 65.34mg (6.53%), Vitamin K: 5.82µg (5.55%), Manganese: 0.11mg (5.41%), Vitamin A: 217.69IU (4.35%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.57mg (3.82%), Folate: 10.54µg (2.63%), Fiber: 0.65g (2.61%), Vitamin B5: 0.12mg (1.18%)