



New York Steakhouse Ribs

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 3 Tbsp grey poupon dijon mustard
- 1 Tbsp paprika and garlic powder
- 0.5 tsp ground cumin
- 0.5 cup a.1. steakhouse marinade new york steakhouse
- 1 tsp onion powder and pepper black
- 4 lb pork baby back ribs

Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium heat.
- Place half the ribs in single layer in center of each of 2 large sheets of heavy-duty foil.
- Spread mustard onto both sides of ribs.
- Mix sugar and seasonings; rub onto both sides of ribs. Bring up sides of each foil sheet. Double fold top and ends to seal packet, leaving room for heat circulation inside. (You will have 2 packets.)
- Grill on covered grill 45 min. to 1 hour or until ribs are done.
- Remove ribs from foil; discard foil.
- Return ribs to grill; brush with 1/4 cup marinade. Grill 15 min., turning and brushing occasionally with remaining marinade.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:4.8582608017099%

Nutrients (% of daily need)

Calories: 124.31kcal (6.22%), Fat: 7.54g (11.6%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.79g (1.74%), Sugar: 4.2g (4.67%), Cholesterol: 31.55mg (10.52%), Sodium: 150.15mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.29%), Selenium: 14.79µg (21.13%), Vitamin B3: 3.12mg (15.58%), Vitamin B1: 0.21mg (14.32%), Vitamin B6: 0.2mg (10.13%), Vitamin B2: 0.14mg (8.32%), Zinc: 1.19mg (7.94%), Phosphorus: 74.59mg (7.46%), Vitamin B12: 0.26µg (4.27%), Vitamin B5: 0.39mg (3.87%), Potassium: 128.45mg (3.67%), Vitamin D: 0.5µg (3.35%), Iron: 0.45mg (2.5%), Copper: 0.05mg (2.36%), Magnesium: 9mg (2.25%), Calcium: 18.79mg (1.88%)