



Orange BBQ Pork Ribs

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



5588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 3 Tbsp kool-aid orange flavor sugar-sweetened drink mix
- 4 lb pork spareribs

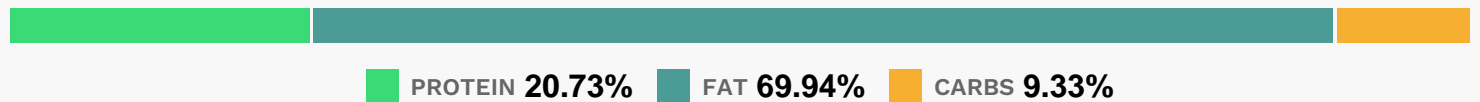
Equipment

- grill
- aluminum foil

Directions

- Preheat grill to medium-low heat.
- Mix barbecue sauce and drink mix until well blended.
- Place half of the ribs each in single layer in center of sheet of heavy-duty aluminum foil. Spoon sauce mixture over ribs.
- Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.
- Place packets on grate of grill; cover with lid. Grill 1 hour and 30 min. or until ribs are very tender.
- Remove from foil. Skim fat from sauce and serve with ribs.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:66.821738958359%

Nutrients (% of daily need)

Calories: 5588.34kcal (279.42%), Fat: 427.94g (658.36%), Saturated Fat: 137.52g (859.49%), Carbohydrates: 128.44g (42.81%), Net Carbohydrates: 125.85g (45.76%), Sugar: 102.81g (114.23%), Cholesterol: 1455.46mg (485.15%), Sodium: 4482.26mg (194.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 285.39g (570.77%), Selenium: 405.59µg (579.41%), Vitamin B6: 10.7mg (534.83%), Vitamin B3: 87.16mg (435.79%), Vitamin B1: 5.94mg (395.8%), Zinc: 46.01mg (306.73%), Vitamin B2: 4.87mg (286.24%), Vitamin D: 41.73µg (278.2%), Phosphorus: 2674.53mg (267.45%), Potassium: 5179.36mg (147.98%), Vitamin B5: 11.91mg (119.12%), Vitamin B12: 7.03µg (117.11%), Iron: 18.46mg (102.54%), Magnesium: 342.82mg (85.71%), Copper: 1.69mg (84.52%), Vitamin E: 9.06mg (60.4%), Calcium: 415.71mg (41.57%), Manganese: 0.58mg (29.05%), Vitamin A: 677.6IU (13.55%), Fiber: 2.59g (10.36%), Vitamin K: 6.04µg (5.75%), Folate: 13.31µg (3.33%), Vitamin C: 2.19mg (2.66%)