



## Orange Glazed Ribs

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



35

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 lb baby back ribs
- 1 cup original barbecue sauce kraft
- 0.5 tsp pepper red crushed
- 0.3 cup orange juice
- 1 tsp orange zest

### Equipment

- grill

## Directions

- Heat greased grill to low heat.
- Mix barbecue sauce, zest, juice and pepper.
- Place ribs, bone-sides down, on grill.
- Grill, uncovered, 30 min. on each side.
- Brush with barbecue sauce mixture. Grill 30 min. or until ribs are done (160F), turning and brushing occasionally with barbecue sauce mixture.

## Nutrition Facts

**PROTEIN 27.27%** **FAT 52.38%** **CARBS 20.35%**

## Properties

Glycemic Index:1.49, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.7743478566408%

## Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 69.85kcal (3.49%), Fat: 4.06g (6.24%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.45g (1.26%), Sugar: 2.86g (3.18%), Cholesterol: 16.9mg (5.63%), Sodium: 105.96mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Selenium: 7.63µg (10.91%), Vitamin B3: 1.72mg (8.6%), Vitamin B1: 0.12mg (7.7%), Vitamin B6: 0.11mg (5.55%), Vitamin B2: 0.08mg (4.71%), Zinc: 0.64mg (4.26%), Phosphorus: 39.75mg (3.98%), Potassium: 83.68mg (2.39%), Vitamin B12: 0.14µg (2.29%), Vitamin B5: 0.22mg (2.18%), Vitamin D: 0.27µg (1.8%), Copper: 0.03mg (1.46%), Iron: 0.25mg (1.37%), Magnesium: 5.23mg (1.31%), Vitamin C: 1.01mg (1.23%), Calcium: 10.67mg (1.07%)