



## Saucy Foil-Pack Barbecue Ribs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup bull's-eye original barbecue sauce
- 2 Tbsp orange marmalade
- 2 tsp pepper sauce hot
- 4 lb pork baby back ribs

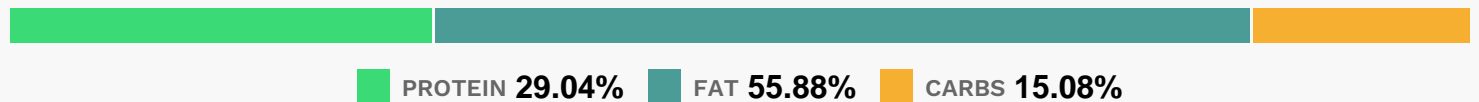
### Equipment

- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Mix barbecue sauce, marmalade and pepper sauce until blended.
- Place half the ribs in single layer in center of large sheet of heavy-duty foil. Bring up long sides of foil. Double fold both short ends of foil to seal, leaving top open.
- Add 1/4 cup water (or 1 ice cube) to foil packet through opening at top. Double fold top to seal packet, leaving room for heat circulation inside. Repeat with remaining ribs.
- Grill 45 min. to 1 hour or until ribs are done.
- Remove ribs from foil packets; return ribs to grill.
- Brush ribs with barbecue sauce mixture. Grill 15 min., turning and brushing occasionally with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:15.120434900989%

## Nutrients (% of daily need)

Calories: 378.6kcal (18.93%), Fat: 23.51g (36.16%), Saturated Fat: 8.28g (51.72%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 14g (5.09%), Sugar: 11.92g (13.24%), Cholesterol: 98.59mg (32.86%), Sodium: 434.99mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Selenium: 44.24µg (63.2%), Vitamin B3: 9.85mg (49.24%), Vitamin B1: 0.66mg (43.99%), Vitamin B6: 0.63mg (31.3%), Vitamin B2: 0.45mg (26.65%), Zinc: 3.68mg (24.52%), Phosphorus: 225.73mg (22.57%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.21mg (12.15%), Potassium: 418.7mg (11.96%), Vitamin D: 1.57µg (10.48%), Copper: 0.15mg (7.71%), Iron: 1.27mg (7.06%), Magnesium: 26.51mg (6.63%), Calcium: 55.14mg (5.51%), Vitamin E: 0.56mg (3.75%), Manganese: 0.05mg (2.34%), Vitamin A: 96.54IU (1.93%), Vitamin C: 1.3mg (1.57%), Fiber: 0.28g (1.12%)