



Shay's Fall-off-the-Bone Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds baby back ribs (2 slabs)
- 12 ounce beer
- 2 cups barbecue sauce your favorite
- 1 large onion sliced
- 6 servings pepper freshly ground to taste
- 6 servings sea salt to taste

Equipment

- baking sheet

- oven
- grill
- aluminum foil

Directions

- Preheat oven to 35
- Spread onion slices evenly on a rimmed baking sheet, and place ribs, bone side down, on top.
- Pour beer over ribs, sprinkle with sea salt and pepper, and cover tightly with foil.
- Bake 3 hours or until tender.
- Brush both sides of ribs with Chipotle Maple Barbecue Sauce. Grill over medium heat, meat side down, 10 to 15 minutes or until slightly charred and crispy, basting several times with sauce. Flip ribs over, and baste cooked side liberally. Close grill lid, and cook 10 to 15 minutes more, basting often.
- Remove from heat; let rest 10 minutes.
- Cut individual ribs apart, and serve warm.
- Note: You can bake the ribs (step
- up to a day ahead, but you'll need to leave them on the grill a few minutes longer to make sure they're heated through.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:1.34, Inflammation Score:-5, Nutrition Score:20.226956725121%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 572kcal (28.6%), Fat: 27.85g (42.85%), Saturated Fat: 9.69g (60.59%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 42g (15.27%), Sugar: 32.71g (36.35%), Cholesterol: 115.02mg (38.34%), Sodium: 1324.04mg (57.57%), Alcohol: 2.21g (100%), Alcohol %: 0.81% (100%), Protein: 33.12g (66.23%), Selenium: 52.89µg (75.55%), Vitamin B3: 12.19mg (60.93%), Vitamin B1: 0.8mg (53.21%), Vitamin B6: 0.83mg (41.57%), Vitamin B2: 0.58mg (34.29%), Zinc: 4.45mg (29.64%), Phosphorus: 291.12mg (29.11%), Potassium: 686.09mg (19.6%), Vitamin B5: 1.58mg (15.75%), Vitamin B12: 0.94µg (15.75%), Vitamin D: 1.83µg (12.22%), Copper: 0.23mg (11.72%), Magnesium: 45.14mg (11.29%), Iron: 1.95mg (10.85%), Manganese: 0.18mg (9.17%), Calcium: 91.72mg (9.17%), Vitamin E: 1.17mg (7.79%), Fiber: 1.31g (5.23%), Vitamin A: 251.27IU (5.03%), Vitamin C: 2.42mg (2.94%), Folate: 10.08µg (2.52%), Vitamin K: 1.98µg (1.89%)