



## Smok'n Grilled Ribs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup original barbecue sauce kraft
- 1 chipotle pepper in adobo sauce canned
- 0.5 cup cilantro leaves fresh
- 2 tsp orange zest
- 3 lb pork baby back ribs
- 0.5 cup water

### Equipment

- blender

- grill
- aluminum foil

## Directions

- Heat grill to medium heat.
- Place half the ribs in single layer on large sheet heavy-duty foil. Bring up foil sides. Double fold top and one end to seal packet.
- Add 1/4 cup water to packet through open end. Double fold remaining end, leaving room for heat circulation inside. Repeat to make second packet. Grill 45 min. to 1 hour or until ribs are done.
- Meanwhile, blend remaining ingredients in blender until smooth.
- Remove ribs from foil; discard foil. Return ribs to grill; brush with sauce. Grill 15 min., turning and brushing occasionally with sauce.

## Nutrition Facts

**PROTEIN 27.42%** **FAT 52.69%** **CARBS 19.89%**

## Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.060000113819%

## Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 404.66kcal (20.23%), Fat: 23.64g (36.37%), Saturated Fat: 8.28g (51.78%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.29g (7.02%), Sugar: 16g (17.78%), Cholesterol: 98.59mg (32.86%), Sodium: 616.92mg (26.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.35%), Selenium: 44.5µg (63.58%), Vitamin B3: 9.99mg (49.94%), Vitamin B1: 0.67mg (44.38%), Vitamin B6: 0.64mg (32.09%), Vitamin B2: 0.47mg (27.37%), Zinc: 3.72mg (24.8%), Phosphorus: 230.35mg (23.04%), Potassium: 471.86mg (13.48%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.26mg (12.58%), Vitamin D: 1.57µg (10.48%), Copper: 0.17mg (8.56%), Iron: 1.48mg (8.22%), Magnesium: 29.75mg (7.44%), Calcium: 62.58mg (6.26%), Vitamin E: 0.76mg (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin A: 231.11IU (4.62%), Manganese: 0.08mg (3.86%), Fiber: 0.79g (3.15%), Vitamin C: 1.55mg (1.88%)