



Spoiled Baby Back Ribs



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



9

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 pounds pork back ribs cut into serving size pieces
- ☐ 3 tablespoons brown sugar
- ☐ 1 cup catsup
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons worcestershire sauce

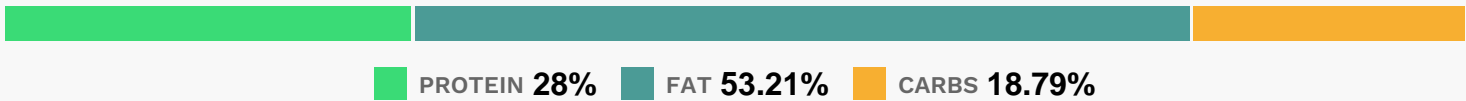
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place the ribs into a large pot and cover with water. Bring to a boil over high heat; reduce heat to medium and simmer until tender, about 1 hour. Meanwhile, stir the ketchup, vinegar, Worcestershire sauce, sugar, salt, and liquid smoke in a saucepan. Bring to a simmer over medium-high heat; reduce heat to medium-low and simmer uncovered, stirring frequently, until thickened, about 30 minutes.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with foil.
- ☐ Drain the ribs and place meaty-side-up onto the prepared baking sheet.
- ☐ Brush the ribs with half of the barbeque sauce. Broil in the preheated oven until the sauce has turned sticky and lightly browned, about 7 minutes. Turn the ribs over and brush with the remaining sauce. Continue to broil until the sauce has turned sticky, about 7 minutes.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:10.921304428059%

Flavonoids

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 261.26kcal (13.06%), Fat: 15.58g (23.97%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 12.3g (4.47%), Sugar: 10.15g (11.28%), Cholesterol: 65.73mg (21.91%), Sodium: 530.28mg (23.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.89%), Selenium: 29.51µg (42.16%), Vitamin B3: 6.88mg (34.4%), Vitamin B1: 0.44mg (29.48%), Vitamin B6: 0.45mg (22.29%), Vitamin B2: 0.34mg (20.13%),

Zinc: 2.48mg (16.53%), Phosphorus: 157.72mg (15.77%), Potassium: 365.74mg (10.45%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.8mg (7.97%), Vitamin D: 1.05µg (6.99%), Iron: 1.16mg (6.45%), Copper: 0.12mg (6.16%), Magnesium: 20.14mg (5.03%), Calcium: 43.46mg (4.35%), Vitamin E: 0.62mg (4.15%), Vitamin A: 162.23IU (3.24%), Manganese: 0.05mg (2.67%), Vitamin C: 1.83mg (2.22%)