



Sweet Homestyle Sticky Ribs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple sauce
- 0.8 cup bull's-eye brown sugar & hickory barbecue sauce
- 0.3 tsp each: ground ginger and ground cinnamon
- 0.5 tsp each: pepper and mustard red dry crushed
- 4 lb pork baby back ribs

Equipment

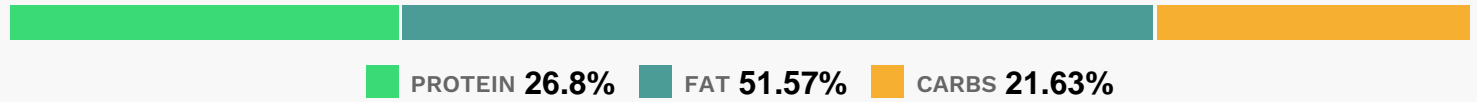
- frying pan
- sauce pan

- grill
- dutch oven

Directions

- Cut ribs into 2-rib sections.
- Mix remaining ingredients; set aside.
- Place ribs in large saucepan or Dutch oven.
- Add enough cold water to completely cover ribs; cover pan with lid. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 20 min.
- Drain.
- Preheat grill to medium heat. Grill ribs 10 min. or until cooked through (160F), turning occasionally and brushing generously with the barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.9591304301892%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 108.1kcal (5.41%), Fat: 6.23g (9.59%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.82g (2.12%), Sugar: 5.72g (6.36%), Cholesterol: 26.29mg (8.76%), Sodium: 35.32mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Selenium: 11.79µg (16.84%), Vitamin B3: 2.6mg (12.98%), Vitamin B1: 0.18mg (11.68%), Vitamin B6: 0.16mg (8.25%), Vitamin B2: 0.12mg (6.93%), Zinc: 0.97mg (6.48%), Phosphorus: 59.23mg (5.92%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.32mg (3.21%), Potassium: 105.28mg (3.01%), Vitamin D: 0.42µg (2.79%), Copper: 0.04mg (1.94%), Iron: 0.35mg (1.93%), Magnesium: 6.8mg (1.7%), Calcium: 16.67mg (1.67%)