



Sweet-Hot Baby Back Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 lb baby back pork ribs
- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons ground ginger
- ☐ 6 servings sweet-hot 'cue sauce
- ☐ 2 limes halved
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

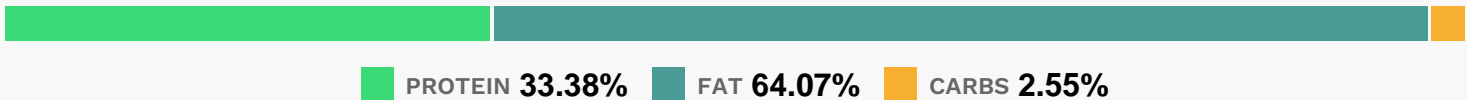
Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Rinse and pat ribs dry. If desired, remove thin membrane from back of ribs by slicing into it with a knife and then pulling it off. (This will make ribs more tender.)
- ☐ Rub ribs with cut sides of limes, squeezing as you rub. Massage ginger mixture into meat, covering all sides. Wrap ribs tightly with plastic wrap, and place in zip-top plastic freezer bags or a 13- x 9-inch baking dish; seal or cover, and chill 8 hours.
- ☐ Let ribs stand at room temperature 30 minutes before grilling.
- ☐ Remove plastic wrap.
- ☐ Light 1 side of grill, heating to medium-high heat (350 to 400); leave other side unlit.
- ☐ Place rib slabs over unlit side, stacking 1 on top of the other.
- ☐ Grill, covered with grill lid, 40 minutes. Reposition rib slabs, moving bottom slab to the top, and grill 40 minutes. Reposition 1 more time, moving bottom slab to the top; grill 40 minutes.
- ☐ Lower grill temperature to medium heat (300 to 350); unstack rib slabs, and place side by side over unlit side of grill. Cook ribs 30 more minutes, basting with half of Sweet-Hot 'Cue Sauce.
- ☐ Remove ribs from grill, and let stand 10 minutes.
- ☐ Cut ribs, slicing between bones.
- ☐ Serve ribs with remaining Sweet-Hot 'Cue Sauce.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:28.114782564018%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 600.37kcal (30.02%), Fat: 42.93g (66.04%), Saturated Fat: 15.21g (95.03%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.45g (0.5%), Cholesterol: 180.75mg (60.25%), Sodium: 621.82mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.32g (100.63%), Selenium: 81.49µg (116.41%), Vitamin B3: 17.98mg (89.89%), Vitamin B1: 1.21mg (80.36%), Vitamin B6: 1.13mg (56.5%), Vitamin B2: 0.81mg (47.56%), Zinc: 6.75mg (45.01%), Phosphorus: 411.26mg (41.13%), Manganese: 0.62mg (31.21%), Vitamin B12: 1.47µg (24.45%), Vitamin B5: 2.21mg (22.05%), Potassium: 699.7mg (19.99%), Vitamin D: 2.88µg (19.21%), Iron: 2.52mg (14%), Copper: 0.27mg (13.37%), Magnesium: 47.65mg (11.91%), Calcium: 92.75mg (9.27%), Vitamin C: 6.59mg (7.98%), Vitamin E: 0.75mg (4.97%), Fiber: 1g (4.01%), Vitamin A: 120.7IU (2.41%)