



Sweet & Hot Sticky Ribs

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricot preserves
- 0.7 cup heinz bbq sauce classic & sweet thick
- 1 tsp peppercorns black
- 1 Tbsp pepper sauce hot
- 4 lb pork baby back ribs

Equipment

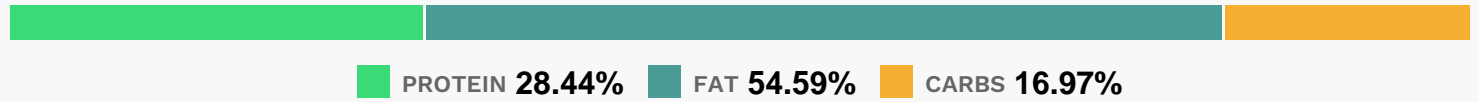
- bowl
- sauce pan

- grill
- microwave

Directions

- Cook ribs and peppercorns in large saucepan of boiling water 20 min.
- Heat greased grill to medium heat.
- Microwave jam in medium microwaveable bowl on HIGH 20 sec. or until melted. Stir in barbecue sauce and hot sauce.
- Drain ribs; place on grill grate.
- Brush with half the barbecue sauce mixture.
- Grill 15 to 20 min. or until ribs are done, turning and brushing occasionally with remaining barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:15.463912971642%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 386.46kcal (19.32%), Fat: 23.53g (36.19%), Saturated Fat: 8.28g (51.77%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 16.06g (5.84%), Sugar: 12.22g (13.57%), Cholesterol: 98.59mg (32.86%), Sodium: 416.79mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.58g (55.15%), Selenium: 44.4µg (63.43%), Vitamin B3: 9.84mg (49.19%), Vitamin B1: 0.66mg (43.98%), Vitamin B6: 0.63mg (31.35%), Vitamin B2: 0.45mg (26.68%), Zinc: 3.68mg (24.56%), Phosphorus: 226.15mg (22.61%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.22mg (12.19%), Potassium: 425.45mg (12.16%), Vitamin D: 1.57µg (10.48%), Copper: 0.16mg (8.24%), Iron: 1.35mg (7.49%), Magnesium: 27.38mg (6.84%), Manganese: 0.12mg (5.82%), Calcium: 56.7mg (5.67%), Vitamin E: 0.55mg (3.69%), Vitamin C: 2.23mg (2.7%), Vitamin A: 110.67IU (2.21%), Fiber: 0.39g (1.55%), Vitamin K: 1.37µg (1.3%)