



Sweet 'n Spicy BBQ Ribs

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



821 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.5 cup hickory smoke barbecue sauce kraft
- 0.3 cup brown sugar packed
- 0.3 tsp pepper red crushed
- 2 Tbsp barbecue rub seasoning
- 2 tsp honey
- 2 lb pork spareribs

Equipment

frying pan

oven

Directions

Heat oven to 200F.

Mix first 5 ingredients until blended; reserve 1/2 cup sauce.

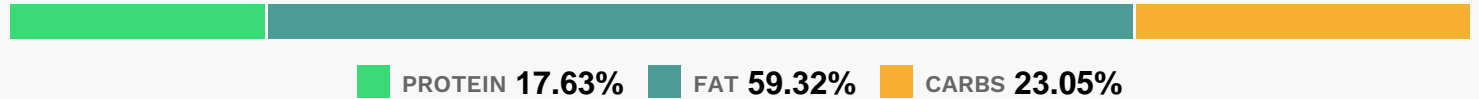
Place ribs, meat-sides up, in single layer in shallow pan; rub with barbecue rub seasoning.

Brush with reserved sauce; cover.

Bake 2 hours; brush with remaining sauce.

Bake, covered, 2 hours or until ribs are tender.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:1.5, Inflammation Score:-3, Nutrition Score:23.785217624644%

Nutrients (% of daily need)

Calories: 820.59kcal (41.03%), Fat: 53.69g (82.6%), Saturated Fat: 17.18g (107.35%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 46g (16.73%), Sugar: 40.02g (44.47%), Cholesterol: 181.44mg (60.48%), Sodium: 926.73mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.81%), Selenium: 51.19µg (73.12%), Vitamin B6: 1.39mg (69.55%), Vitamin B3: 11.09mg (55.47%), Vitamin B1: 0.75mg (49.7%), Zinc: 5.87mg (39.14%), Vitamin B2: 0.62mg (36.21%), Vitamin D: 5.22µg (34.78%), Phosphorus: 338.57mg (33.86%), Potassium: 750.95mg (21.46%), Iron: 3.36mg (18.67%), Vitamin K: 17.53µg (16.69%), Vitamin B5: 1.56mg (15.56%), Vitamin B12: 0.86µg (14.36%), Manganese: 0.26mg (13.18%), Copper: 0.26mg (12.94%), Magnesium: 51.56mg (12.89%), Vitamin E: 1.49mg (9.9%), Calcium: 89.57mg (8.96%), Vitamin A: 249.86IU (5%), Fiber: 0.92g (3.68%), Folate: 4.43µg (1.11%)