



Sweet 'n Spicy BBQ Ribs

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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.

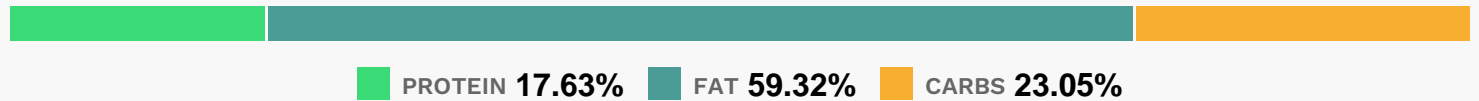
Place ribs, meat-sides up, in single layer in shallow pan; rub with barbecue rub seasoning.

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:3.48, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:6.3430434271045%

Nutrients (% of daily need)

Calories: 218.82kcal (10.94%), Fat: 14.32g (22.03%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 12.27g (4.46%), Sugar: 10.67g (11.86%), Cholesterol: 48.38mg (16.13%), Sodium: 247.13mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.15%), Selenium: 13.65µg (19.5%), Vitamin B6: 0.37mg (18.55%), Vitamin B3: 2.96mg (14.79%), Vitamin B1: 0.2mg (13.25%), Zinc: 1.57mg (10.44%), Vitamin B2: 0.16mg (9.66%), Vitamin D: 1.39µg (9.27%), Phosphorus: 90.28mg (9.03%), Potassium: 200.25mg (5.72%), Iron: 0.9mg (4.98%), Vitamin K: 4.67µg (4.45%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.23µg (3.83%), Manganese: 0.07mg (3.52%), Copper: 0.07mg (3.45%), Magnesium: 13.75mg (3.44%), Vitamin E: 0.4mg (2.64%), Calcium: 23.89mg (2.39%), Vitamin A: 66.63IU (1.33%)