



## Sweet & Spicy Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apple juice
- 1 cup bull's-eye brown sugar & hickory barbecue sauce
- 2 tsp garlic powder
- 1.5 tsp ground pepper black
- 1 Tbsp paprika
- 3 lb pork baby back ribs

### Equipment

- grill

aluminum foil

## Directions

Heat grill to medium heat.

Mix seasonings; rub onto both sides of ribs.

Place half the ribs in single layer on large sheet of heavy-duty foil. Bring up sides of foil; double fold top and one end.

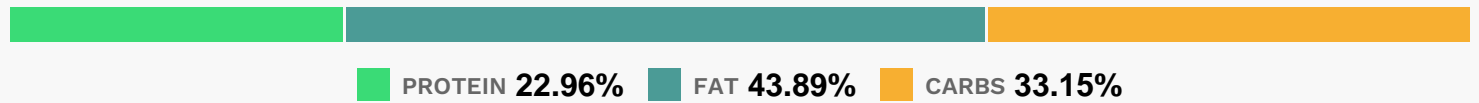
Add 1/4 cup apple juice through open end of packet. Double fold remaining end to seal packet, leaving room for heat to circulate inside. Repeat to make second packet.

Grill packets 45 min. to 1 hour or until ribs are done.

Remove ribs from foil; discard foil.

Return ribs to grill; brush with 1/2 cup barbecue sauce. Grill 15 min., turning and brushing occasionally with remaining sauce.

## Nutrition Facts



## Properties

Glycemic Index:15.46, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:16.429130533467%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 476.77kcal (23.84%), Fat: 23.53g (36.2%), Saturated Fat: 8.3g (51.88%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 39.33g (14.3%), Sugar: 37.7g (41.89%), Cholesterol: 98.59mg (32.86%), Sodium: 136.89mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.39%), Selenium: 44.67µg (63.81%), Vitamin B3: 9.86mg (49.33%), Vitamin B1: 0.67mg (44.41%), Vitamin B6: 0.66mg (33.23%), Vitamin B2: 0.46mg (26.8%), Zinc: 3.73mg (24.87%), Phosphorus: 231.58mg (23.16%), Potassium: 467.37mg (13.35%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.27mg (12.7%), Vitamin A: 592.59IU (11.85%), Vitamin D: 1.57µg (10.48%), Iron: 1.72mg (9.54%), Copper: 0.17mg (8.5%), Calcium: 82.01mg (8.2%), Magnesium: 30.86mg (7.72%), Manganese: 0.14mg (7.1%), Vitamin E: 0.69mg (4.58%), Fiber: 0.66g (2.63%), Vitamin K: 1.73µg (1.65%)