



Tangy Southern BBQ Ribs

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



10

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb baby back ribs
- 18 oz original barbecue sauce kraft
- 0.5 tsp garlic powder
- 1 tsp pepper sauce hot

Equipment

- grill

Directions

- Preheat greased grill to low heat.
- Mix barbecue sauce, hot pepper sauce and garlic powder. Reserve 1/2 cup of the barbecue sauce mixture for serving with cooked ribs.
- Place ribs, bone sides down, on grate of grill. Cook, uncovered, 1 hour, turning over after 30 minutes.
- Brush with the some of the remaining barbecue sauce mixture; continue grilling 30 minutes or until ribs are cooked through, turning and brushing with the remaining barbecue sauce mixture every 10 minutes.
- Serve with the reserved 1/2 cup barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.834782573192%

Nutrients (% of daily need)

Calories: 344.38kcal (17.22%), Fat: 18.99g (29.22%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 20.47g (7.44%), Sugar: 16.95g (18.83%), Cholesterol: 78.87mg (26.29%), Sodium: 637.83mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.49%), Selenium: 35.79µg (51.13%), Vitamin B3: 8.05mg (40.26%), Vitamin B1: 0.54mg (35.66%), Vitamin B6: 0.52mg (26.2%), Vitamin B2: 0.38mg (22.22%), Zinc: 3mg (19.97%), Phosphorus: 186.93mg (18.69%), Potassium: 403.26mg (11.52%), Vitamin B12: 0.64µg (10.67%), Vitamin B5: 1.02mg (10.2%), Vitamin D: 1.26µg (8.38%), Copper: 0.14mg (7.09%), Iron: 1.21mg (6.7%), Magnesium: 25.07mg (6.27%), Calcium: 52.44mg (5.24%), Vitamin E: 0.68mg (4.56%), Manganese: 0.08mg (3.76%), Vitamin A: 140.23IU (2.8%), Fiber: 0.47g (1.9%)