



The Best Baby Back Ribs

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



6

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon onion flakes dried
- 1 teaspoon garlic powder
- 1 cup catsup
- 1 tablespoon liquid smoke
- 1 tablespoon blackstrap molasses
- 1 medium onion sliced
- 1 teaspoon pepper

- 4 lbs baby back ribs
- 1 teaspoon lawry's seasoned salt
- 1 cup chilli sauce sweet oriental style (i use an chili sauce by the brand maggi but heinz or similar chili sauce will d)

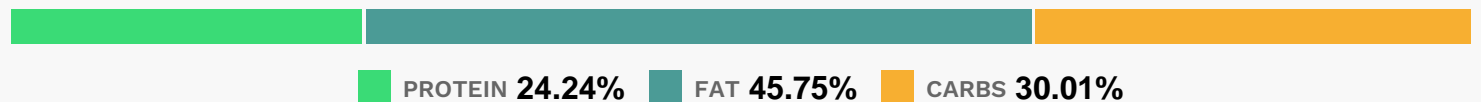
Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Place ribs bone side down in a large roasting pan on a rack (if you have one, you don't have to use rack)
- Combine garlic powder, seasoning salt, and pepper.
- Sprinkle over the ribs. Top with sliced onions. Cover tightly and bake at 350 for 2 1/2 hours. In a bowl, combine the remaining ingredients and this is your sauce.
- Remove ribs from pan, remove onions and discard, and drain fat. Put ribs back in pan and brush ribs liberally with sauce. Cover and bake 25 minutes longer. Uncover and cook 5 more minutes.
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.53, Inflammation Score:-4, Nutrition Score:22.108695569246%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 611.92kcal (30.6%), Fat: 31.45g (48.38%), Saturated Fat: 11.04g (68.98%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 45.53g (16.56%), Sugar: 41.32g (45.91%), Cholesterol: 131.45mg (43.82%), Sodium: 1351.75mg (58.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.98%), Selenium: 59.74µg (85.34%), Vitamin B3: 13.56mg (67.8%), Vitamin B1: 0.89mg (59.44%), Vitamin B6: 0.94mg (46.89%), Vitamin B2: 0.65mg (38.51%), Zinc: 4.99mg (33.24%), Phosphorus: 315.62mg (31.56%), Potassium: 694.57mg (19.84%), Vitamin B12: 1.07µg (17.78%), Vitamin B5: 1.66mg (16.58%), Vitamin D: 2.1µg (13.97%), Copper: 0.25mg (12.3%), Magnesium: 48.14mg (12.03%), Iron: 1.93mg (10.7%), Manganese: 0.2mg (9.77%), Calcium: 87.97mg (8.8%), Vitamin E: 1.05mg (7.02%), Vitamin A: 249.45IU (4.99%), Vitamin C: 3.63mg (4.4%), Fiber: 0.89g (3.57%), Folate: 8.85µg (2.21%), Vitamin K: 1.85µg (1.76%)