



Tomato Barbecue Baby Back Ribs



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb baby back ribs (4 racks)
- ☐ 2 teaspoons pepper black
- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 2 cloves garlic coarsely chopped
- ☐ 1.5 cups catsup
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 cup blackstrap molasses (not blackstrap)
- ☐ 1 cup onion coarsely chopped

☐ 2 teaspoons salt

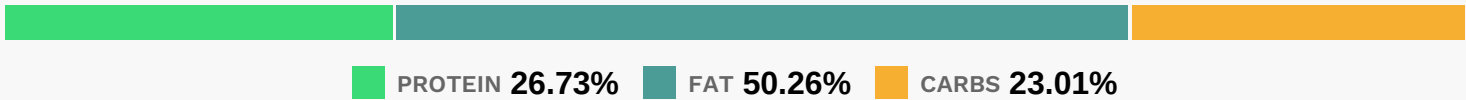
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 350°F. Line a 17- by 12- by 1-inch shallow baking pan with foil.
- ☐ Stir together all sauce ingredients in a 2-quart heavy saucepan and bring to a boil over moderate heat. Reduce heat and simmer, covered, 15 minutes.
- ☐ Transfer sauce to a food processor and purée until smooth.
- ☐ Coat both sides of ribs with sauce. Arrange ribs, meaty side up, in 1 layer in baking pan, overlapping if necessary. Cover pan tightly with foil and bake ribs 1 hour.
- ☐ Remove foil (from top) and bake ribs 1 hour more.
- ☐ • Sauce can be made 1 day ahead and chilled, covered. • Ribs can be marinated in cooled sauce in a large sealable plastic bag, chilled, up to 24 hours.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:4.02, Inflammation Score:-5, Nutrition Score:18.386521836986%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 412.71kcal (20.64%), Fat: 23.43g (36.04%), Saturated Fat: 8.29g (51.79%), Carbohydrates: 24.13g (8.04%), Net Carbohydrates: 23.51g (8.55%), Sugar: 19.78g (21.97%), Cholesterol: 98.59mg (32.86%), Sodium: 1119.31mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.07%), Selenium: 46.31µg (66.15%), Vitamin B3: 10.46mg (52.29%), Vitamin B1: 0.67mg (44.9%), Vitamin B6: 0.78mg (39%), Vitamin B2: 0.52mg (30.46%), Zinc: 3.79mg (25.25%), Phosphorus: 243.02mg (24.3%), Potassium: 676.14mg (19.32%), Manganese: 0.33mg (16.43%), Magnesium: 57.53mg (14.38%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.31mg (13.13%), Copper: 0.24mg (11.88%), Vitamin D: 1.57µg (10.48%), Iron: 1.87mg (10.36%), Calcium: 82.61mg (8.26%), Vitamin E: 1.01mg (6.73%), Vitamin A: 265.49IU (5.31%), Vitamin C: 3.56mg (4.31%), Fiber: 0.62g (2.47%), Vitamin K: 2.26µg (2.15%), Folate: 7.97µg (1.99%)