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Baby Back Ribs ♦♦

Baby back ribs are a popular barbecue dish made from pork ribs. They are known for their tender meat and smoky flavor. Baby back ribs are typically slow-cooked or grilled and are often served with barbecue sauce.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 120 mins

Total Time: 130 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	baby back ribs
1 c	barbecue sauce
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

1 tsp	Onion powder
1 tsp	Paprika
2 tbsp	Brown Sugar
0.5 tsp	Cayenne pepper

Directions

Step 1

Grilling

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the baby back ribs with salt, black pepper, garlic powder, onion powder, paprika, brown sugar, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Place the seasoned ribs on the grill and cook for about 2 hours, or until the meat is tender and cooked through.

Prep Time: 0 mins

Cook Time: 120 mins

Step 4

Grilling

Brush the ribs with barbecue sauce during the last 15 minutes of cooking.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the ribs from the grill and let them rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 30 g

Protein: 40 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	20 mg	181.82%	250%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Events

Barbecue Picnic

Kitchen Tools

Slow Cooker

Course

Drinks Salads Snacks

Cultural

Chinese New Year Halloween

Cost

Under \$10

Demographics

Senior Friendly Teen Friendly

Diet

Zone Diet OMAD (One Meal a Day) Diet Vegan Diet The F-Plan Diet
 The Israeli Army Diet The Werewolf Diet The Master Cleanse Diet
 The CICO (Calories In, Calories Out) Diet The Optavia Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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