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BBQ Ribs ••

BBQ ribs are a classic American dish that is typically made by slow-cooking pork ribs and then slathering them in a tangy barbecue sauce. The ribs are tender and juicy, with a smoky flavor that pairs perfectly with the sweet and savory sauce. They are a popular choice for backyard cookouts and summer parties.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	pork ribs
2 c	barbecue sauce
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Garlic powder

1 tsp	Onion powder
2 tsp	Paprika
1 c	Brown Sugar
0.5 c	Apple Cider Vinegar

Directions

Step 1

Preheating

Preheat the oven to 250°F (120°C).

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the ribs with salt, black pepper, garlic powder, onion powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Wrap the ribs tightly in aluminum foil and place them on a baking sheet.

Prep Time: 5 mins

Cook Time: 127 mins

Step 4

Simmering

While the ribs are baking, prepare the barbecue sauce by combining the brown sugar, apple cider vinegar, and barbecue sauce in a saucepan.

Prep Time: 5 mins

Cook Time: 30 mins

Step 5

Baking

After 3 hours of baking, remove the ribs from the oven and carefully unwrap them from the foil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Grilling

Brush the ribs with the barbecue sauce, making sure to coat them evenly.

Prep Time: 5 mins

Cook Time: 30 mins

Step 7

Grilling

Place the ribs on a preheated grill and cook for 10-15 minutes, or until the sauce has caramelized and the ribs are heated through.

Prep Time: 5 mins

Cook Time: 15 mins

Step 8

Resting

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

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	30 g	107.14%	120%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Barbecue

Meal Type

Snack

Lunch

Dinner

Kitchen Tools

Microwave

Food Processor

Course

Side Dishes

Snacks

Cultural

Chinese New Year

Easter

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Teen Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Ketogenic Diet

Nutrisystem Diet

OMAD (One Meal a Day) Diet

Difficulty Level

Easy

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