

Pork

Chipotle Cinnamon Baby Back Ribs

McCormick Spice Corporation

Servings: 6

1/4 cup brown sugar, firmly packed

1 tablespoon chili powder

2 teaspoons chipotle chili pepper

1 teaspoon Saigon cinnamon

1 teaspoon garlic salt

3 pounds baby back ribs

1/4 cup water

1/2 cup pure maple syrup

Preheat oven to 375 degrees.

Mix brown sugar and spices in a small bowl.

Rub spice mixture evenly on the ribs.

Place ribs in a single layer on a foil-lined roasting pan. Pour water into the pan. Cover pan with foil.

Bake for 1 hour or until meat starts to pull away from the bones. Brush with the maple syrup.

Broil or grill over medium heat for 3 to 5 minutes per side or until heated through and nicely browned.

Per Serving (excluding unknown items): 27 Calories; trace Fat (6.4% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 357mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat; 1/2 Other Carbohydrates.