



Baked Ribs with Spicy Blackberry Sauce



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baby back ribs
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2.5 cups blackberries fresh frozen thawed
- ☐ 4 teaspoons chili powder
- ☐ 0.5 cup ginger fresh minced peeled
- ☐ 4 garlic clove minced
- ☐ 0.5 cup honey
- ☐ 0.5 cup catsup

- ☐ 2 teaspoons hot sauce hot
- ☐ 1 teaspoon salt

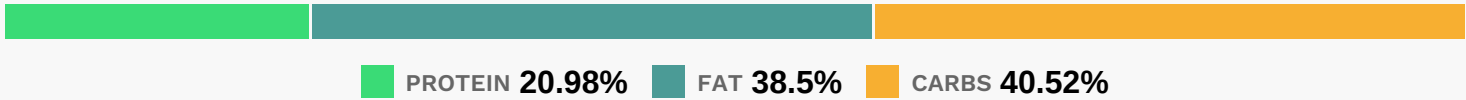
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Preheat oven to 400°F.
- ☐ Mix chili powder, garlic, and salt in small bowl; rub mixture into ribs.
- ☐ Place ribs on large rimmed baking sheet, meaty side up.
- ☐ Bake ribs 50 minutes.
- ☐ Meanwhile, puree remaining ingredients in blender until almost smooth. Strain blackberry puree into heavy medium saucepan; discard solids in sieve. Cook puree over medium-high heat until reduced to 1 cup, stirring frequently, about 5 minutes. Season sauce to taste with salt and pepper.
- ☐ Brush ribs with enough sauce to coat. Continue baking until sauce browns and forms thick glaze, about 10 minutes longer.
- ☐ Cut slabs between bones into individual ribs.
- ☐ Serve with remaining blackberry sauce.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:20.42, Inflammation Score:-8, Nutrition Score:24.58217382431%

Flavonoids

Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 544.84kcal (27.24%), Fat: 24.2g (37.23%), Saturated Fat: 8.36g (52.23%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 51.35g (18.67%), Sugar: 47.17g (52.41%), Cholesterol: 98.59mg (32.86%), Sodium: 1069.94mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.33%), Selenium: 45.69µg (65.28%), Vitamin B3: 11.09mg (55.46%), Vitamin B1: 0.69mg (45.93%), Vitamin B6: 0.79mg (39.45%), Manganese: 0.78mg (39.05%), Vitamin B2: 0.55mg (32.52%), Zinc: 4.42mg (29.48%), Vitamin C: 23.39mg (28.35%), Phosphorus: 265.74mg (26.57%), Fiber: 5.95g (23.8%), Potassium: 717.84mg (20.51%), Vitamin K: 20.94µg (19.95%), Vitamin A: 974.44IU (19.49%), Copper: 0.38mg (18.92%), Vitamin E: 2.63mg (17.55%), Vitamin B5: 1.52mg (15.22%), Magnesium: 55.57mg (13.89%), Iron: 2.47mg (13.71%), Vitamin B12: 0.8µg (13.34%), Vitamin D: 1.57µg (10.48%), Calcium: 94.07mg (9.41%), Folate: 28.14µg (7.03%)