

Barbecued Ribs

 **Gluten Free**  **Dairy Free**

READY IN



535 min.

SERVINGS



7

CALORIES



1447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 0.3 cup cider vinegar
- 8 pounds country
- 2 tablespoons dijon mustard
- 2 cloves garlic minced
- 1 tablespoon ginger finely grated
- 1 teaspoon ground cumin
- 0.5 cup honey

- 1 teaspoon lime zest
- 0.3 cup orange juice fresh
- 1 cup onion diced red
- 0.5 teaspoon pepper flakes red
- 0.3 cup soya sauce
- 0.5 cup tomato paste
- 0.3 cup vegetable oil

Equipment

- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Heat the vegetable oil in a large saucepan over medium-low heat, and saute the onions and garlic for 5 to 7 minutes, until the onions are translucent but not browned.
- Add the chili powder, ground cumin and red pepper flakes and continue cooking for 1 minute.
- Add the zest and ginger and cook for an additional minute.
- Add the vinegar, tomato paste, honey, mustard, soy sauce and orange juice and simmer uncovered on low heat for 15 minutes, until thick.
- Marinate the ribs in 2/3 of the barbecue sauce for a few hours or overnight in the refrigerator.
- Prepare a grill with a single layer of hot coals and then add a few more coals 5 minutes before cooking, which will keep the fire going longer.
- Place the ribs on the grill and cook for about 25 to 30 minutes, turning once or twice to cook evenly on both sides.
- Brush with the marinade as needed.
- Serve with extra barbecue sauce on the side.

Nutrition Facts



■ PROTEIN 32.08% ■ FAT 59.95% ■ CARBS 7.97%

Properties

Glycemic Index:49.32, Glycemic Load:12.84, Inflammation Score:-7, Nutrition Score:43.559130129607%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 1447.48kcal (72.37%), Fat: 95.18g (146.43%), Saturated Fat: 32.25g (201.59%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 26.65g (9.69%), Sugar: 24.25g (26.95%), Cholesterol: 321.4mg (107.13%), Sodium: 6980.43mg (303.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 114.58g (229.15%), Vitamin B1: 3.17mg (211.03%), Selenium: 120.83µg (172.62%), Vitamin B3: 24.36mg (121.81%), Phosphorus: 1159.17mg (115.92%), Vitamin B6: 2.1mg (105.03%), Zinc: 12.38mg (82.52%), Vitamin B2: 1.22mg (71.82%), Vitamin B12: 3.32µg (55.3%), Potassium: 1801.11mg (51.46%), Iron: 5.93mg (32.92%), Magnesium: 119.92mg (29.98%), Copper: 0.55mg (27.69%), Vitamin B5: 2.53mg (25.26%), Vitamin D: 3.63µg (24.19%), Vitamin E: 3.62mg (24.11%), Vitamin K: 17.4µg (16.57%), Manganese: 0.32mg (15.94%), Vitamin C: 10.78mg (13.07%), Vitamin A: 522.24IU (10.44%), Fiber: 1.82g (7.28%), Folate: 27.96µg (6.99%), Calcium: 63.24mg (6.32%)