



Beef Ribs with Sorghum Glaze



Gluten Free



Dairy Free

READY IN



385 min.

SERVINGS



8

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 10 lb baby back ribs (center-cut)
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon pepper black
- ☐ 2 tablespoons pepper black
- ☐ 0.3 cup kosher salt
- ☐ 1 teaspoon onion powder

- ☐ 1 teaspoon paprika smoked
- ☐ 1 cup sorghum syrup
- ☐ 0.3 cup sugar

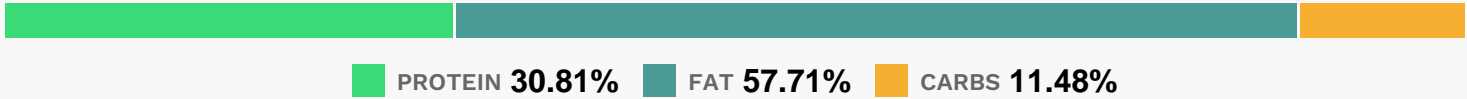
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Rinse and pat ribs dry.
- ☐ Remove thin membrane from back of ribs by slicing into it and pulling it off.
- ☐ Stir together sugar and next 6 ingredients. Massage sugar mixture into rib meat, covering all sides. Wrap ribs tightly with plastic wrap, and place in zip-top plastic freezer bags; seal and chill 12 hours.
- ☐ Bring sorghum and next 2 ingredients to a boil in a 3-qt. saucepan over medium-high heat, stirring occasionally; reduce heat to medium, and cook, stirring occasionally, 6 to 7 minutes or until mixture is reduced by half. Cool completely (about 30 minutes).
- ☐ Preheat oven to 27
- ☐ Place lightly greased wire racks in 2 aluminum foil-lined 15- x 10-inch jelly-roll pans.
- ☐ Remove plastic wrap from ribs, and place ribs on wire racks. Cover with aluminum foil to seal.
- ☐ Bake 2 hours.
- ☐ Remove foil, and bake 3 more hours or until meat begins to pull away from bones, basting with sorghum mixture every 30 minutes. Increase oven temperature to 400, and bake 10 more minutes or until ribs are browned.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:4.78, Inflammation Score:-4, Nutrition Score:34.893913089581%

Nutrients (% of daily need)

Calories: 920.68kcal (46.03%), Fat: 59.28g (91.19%), Saturated Fat: 20.81g (130.06%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 24.25g (8.82%), Sugar: 6.44g (7.15%), Cholesterol: 246.47mg (82.16%), Sodium: 3851.5mg (167.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.2g (142.41%), Selenium: 110µg (157.14%), Vitamin B3: 24.97mg (124.86%), Vitamin B1: 1.7mg (113.05%), Vitamin B6: 1.53mg (76.52%), Vitamin B2: 1.13mg (66.69%), Phosphorus: 628.43mg (62.84%), Zinc: 9.16mg (61.04%), Vitamin B12: 2µg (33.34%), Vitamin B5: 2.96mg (29.64%), Potassium: 1034.01mg (29.54%), Vitamin D: 3.93µg (26.19%), Iron: 4.18mg (23.2%), Manganese: 0.41mg (20.63%), Copper: 0.37mg (18.31%), Magnesium: 63.79mg (15.95%), Calcium: 133.78mg (13.38%), Fiber: 2.27g (9.1%), Vitamin E: 0.99mg (6.63%), Vitamin A: 266.04IU (5.32%), Vitamin K: 4µg (3.81%)