



Beer Ribs

 Dairy Free

READY IN



225 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar dark packed
- ☐ 0.3 cup beer dark
- ☐ 12 servings kosher salt
- ☐ 0.3 cup mustard dijon-style
- ☐ 1 onion minced
- ☐ 12 servings scallions for garnish, if desired
- ☐ 0.3 cup soya sauce
- ☐ 4 pounds spareribs lean trimmed halved

☐ 1 teaspoon worcestershire sauce

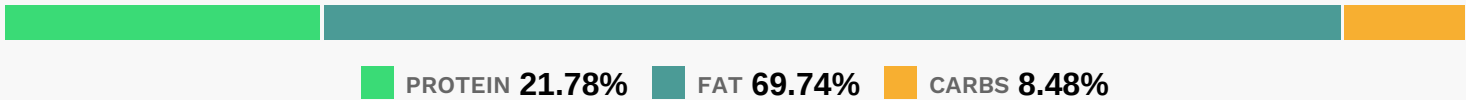
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Arrange the ribs meaty side up in 1 layer in lightly oiled baking pans and season with salt.
- ☐ Bake until slightly tender, about 20 to 30 minutes.
- ☐ Meanwhile in a large bowl, combine the beer, soy sauce, mustard, sugar, onion, and Worcestershire sauce.
- ☐ Cut the ribs into 1-rib sections, add them to the bowl, stirring to coat them with the marinade, and let them marinate, covered, at room temperature, stirring occasionally, for 2 hours or chill them, covered, overnight.
- ☐ Remove the ribs from the marinade, reserve marinade, and arrange them meaty side-up in one layer in lightly oiled baking pans. Bring marinade to a boil and brush the ribs with some of the marinade, and bake in a preheated 350 degree F. oven, turning and basting them occasionally, for 1 hour, or until they are tender and glazed. (The ribs may be baked 1 day ahead and chilled, covered. Reheat the ribs in baking pans in a preheated 350 degree F. oven for 10 to 15 minutes, or until they are heated through.)
- ☐ Serve the ribs warm or at room temperature and garnish them with the scallions, if desired.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:11.434347893881%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 327.46kcal (16.37%), Fat: 25.03g (38.5%), Saturated Fat: 7.99g (49.95%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.19g (2.25%), Sugar: 5.23g (5.81%), Cholesterol: 84.67mg (28.22%), Sodium: 724.96mg (31.52%), Alcohol: 0.26g (100%), Alcohol %: 0.22% (100%), Protein: 17.59g (35.18%), Selenium: 25.87µg (36.95%), Vitamin B6: 0.64mg (32.24%), Vitamin B3: 5.31mg (26.56%), Vitamin B1: 0.36mg (24.18%), Zinc: 2.76mg (18.4%), Phosphorus: 171.36mg (17.14%), Vitamin B2: 0.29mg (17.03%), Vitamin D: 2.43µg (16.23%), Vitamin K: 12.57µg (11.97%), Potassium: 322.01mg (9.2%), Iron: 1.4mg (7.76%), Vitamin B5: 0.73mg (7.31%), Vitamin B12: 0.4µg (6.72%), Magnesium: 25.82mg (6.46%), Copper: 0.11mg (5.53%), Manganese: 0.1mg (4.85%), Calcium: 32.67mg (3.27%), Vitamin E: 0.45mg (3.01%), Fiber: 0.66g (2.64%), Vitamin C: 1.9mg (2.3%), Folate: 7.7µg (1.93%), Vitamin A: 65.31IU (1.31%)