



## Bite-Back Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pounds pork loin back ribs fat trimmed (baby back ribs)
- 0.3 cup catsup
- 2 cloves garlic minced
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 0.3 cup hoisin sauce
- 0.3 cup louisiana hot sauce
- 1 tablespoons habanero chili hot sauce

- 2 tablespoons juice of lemon
- 2 tablespoons sugar

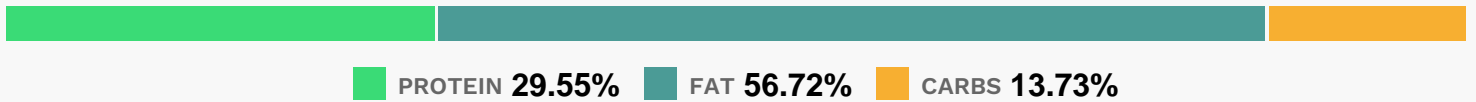
## Equipment

- oven
- roasting pan
- aluminum foil

## Directions

- Line an 11- by 17-inch roasting pan with foil. Arrange pork ribs in pan in a single layer and bake in a 450 oven until browned, about 20 minutes. Turn ribs over and bake until other side is browned, about 10 minutes. Discard fat from pan.
- Meanwhile, combine catsup, hoisin, lemon juice, sugar, garlic, sriracha hot sauce, habanero hot sauce, cinnamon, and allspice.
- Baste ribs with half of sauce. Cook for 10 minutes, turn over, baste with rest of sauce, and bake until well-browned, 10 to 15 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:41.27, Glycemic Load:4.46, Inflammation Score:-4, Nutrition Score:24.54391288239%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 563.8kcal (28.19%), Fat: 35.73g (54.96%), Saturated Fat: 12.51g (78.2%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 18.68g (6.79%), Sugar: 14.47g (16.07%), Cholesterol: 148.4mg (49.47%), Sodium: 998.23mg (43.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.88g (83.75%), Selenium: 66.49µg (94.99%), Vitamin

B3: 15.04mg (75.22%), Vitamin B1: 0.99mg (66.32%), Vitamin B6: 1mg (50.18%), Vitamin B2: 0.74mg (43.26%), Zinc: 5.58mg (37.17%), Phosphorus: 346.84mg (34.68%), Vitamin C: 20.64mg (25.02%), Vitamin B12: 1.2µg (20%), Potassium: 641.19mg (18.32%), Vitamin B5: 1.82mg (18.15%), Vitamin D: 2.36µg (15.72%), Copper: 0.25mg (12.3%), Iron: 2.02mg (11.22%), Magnesium: 43.04mg (10.76%), Calcium: 81.21mg (8.12%), Manganese: 0.14mg (7.08%), Vitamin E: 0.84mg (5.6%), Vitamin A: 186.25IU (3.73%), Fiber: 0.77g (3.1%), Folate: 8.65µg (2.16%), Vitamin K: 1.48µg (1.41%)