



Boiled and Baked Baby Back Ribs



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 2 pound baby back ribs cut into individual ribs
- ☐ 2 bay leaves
- ☐ 1.5 tablespoons brown sugar
- ☐ 1.5 tablespoons sambal oelek chili paste
- ☐ 1.5 tablespoons dijon mustard
- ☐ 6 cloves garlic crushed
- ☐ 1.5 tablespoons honey

- ☐ 1.5 tablespoons catsup
- ☐ 2 tablespoons kosher salt
- ☐ 0.5 onion chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 1.5 tablespoons rice vinegar
- ☐ 1.5 tablespoons soya sauce
- ☐ 2.5 quarts water

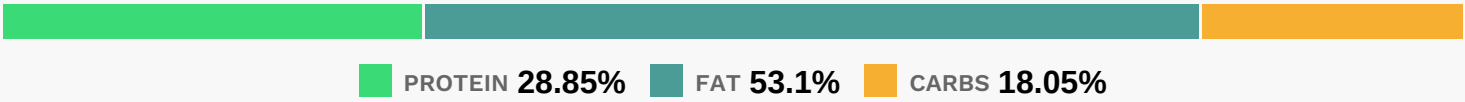
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Mix together water, garlic, onion, bay leaves, red chili flakes, Chinese five-spice, salt, and rice vinegar in a large pot. Bring to a boil, turn to low, and simmer for 15–20 minutes.
- ☐ Place ribs in the simmering broth. Return to a simmer, turn heat to low, and cook for 1 hour.
- ☐ Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with a silicone baking mat, or coat with cooking spray.
- ☐ Whisk together soy sauce, rice vinegar, sambal oelek chili paste, Dijon mustard, ketchup, honey, brown sugar, and Chinese five-spice powder in a large bowl.
- ☐ Remove the ribs from the broth and transfer them to the bowl with the soy sauce glaze. Toss to coat.
- ☐ Transfer glazed ribs to the prepared baking sheet. Reserve extra glaze for brushing.
- ☐ Bake ribs in preheated oven for 15 minutes. Turn the ribs and brush with more glaze. Cook 15–20 more minutes, brushing occasionally with remaining glaze if desired.
- ☐ Remove and serve.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:17.65434790435%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 397.03kcal (19.85%), Fat: 23.74g (36.53%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.21g (6.26%), Sugar: 13.43g (14.92%), Cholesterol: 98.59mg (32.86%), Sodium: 4144.55mg (180.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Selenium: 46.93µg (67.04%), Vitamin B3: 10.29mg (51.46%), Vitamin B1: 0.69mg (46.13%), Vitamin B6: 0.73mg (36.47%), Vitamin B2: 0.48mg (28.31%), Zinc: 3.93mg (26.17%), Phosphorus: 254.83mg (25.48%), Copper: 0.29mg (14.35%), Potassium: 479.93mg (13.71%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.28mg (12.77%), Manganese: 0.21mg (10.63%), Iron: 1.9mg (10.55%), Vitamin D: 1.57µg (10.48%), Magnesium: 40.49mg (10.12%), Calcium: 92.31mg (9.23%), Vitamin C: 3.81mg (4.61%), Vitamin A: 229.8IU (4.6%), Vitamin E: 0.66mg (4.38%), Fiber: 0.95g (3.79%), Folate: 5.95µg (1.49%)