



## Buffalo Ribs with Tomato Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup cider vinegar
- 1.5 teaspoons pepper red crushed
- 1 cup vermouth dry
- 8 large garlic cloves minced coarsely chopped
- 4 servings salt and pepper black freshly ground
- 2 buffalo spare ribs racks of ( 6 pounds total)
- 1 tablespoon tomato paste

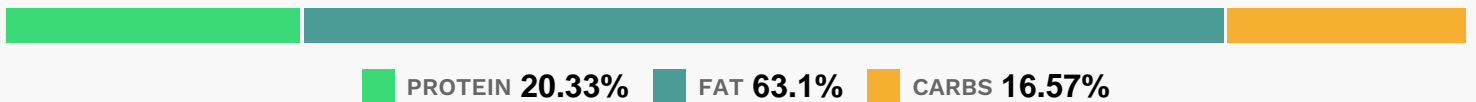
### Equipment

- bowl
- oven
- roasting pan
- aluminum foil

## Directions

- Preheat the oven to 32
- Set the ribs in a large roasting pan, meaty side up. Season the ribs with salt and black pepper and sprinkle with the chopped garlic.
- Pour the vermouth over the ribs. Cover with foil and bake for 2 hours.
- Meanwhile, in a small bowl, combine the minced garlic with the vinegar, tomato paste, crushed red pepper, 1 teaspoon salt and 1/2 teaspoon black pepper.
- Raise the oven temperature to 40
- Scrape the garlic off the ribs and discard the liquid in the pan. Set the ribs on a rack in the roasting pan, meaty side up, and spread one-quarter of the vinegar glaze on top.
- Bake in the upper third of the oven for 1 hour and 20 minutes, brushing the ribs every 20 minutes; the ribs should be tender and deeply glazed.
- Let stand for 5 minutes before cutting down in between the ribs and serving.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:5.5682608239029%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 175.28kcal (8.76%), Fat: 9.41g (14.48%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.99g (1.81%), Sugar: 0.66g (0.74%), Cholesterol: 31.64mg (10.55%), Sodium: 77.72mg (3.38%), Alcohol: 5.7g (100%), Alcohol %: 5.76% (100%), Protein: 6.83g (13.65%), Vitamin B6: 0.33mg (16.3%), Selenium:

9.94µg (14.2%), Vitamin B3: 2.1mg (10.49%), Vitamin B1: 0.14mg (9.5%), Manganese: 0.18mg (8.95%), Zinc: 1.12mg (7.49%), Phosphorus: 71.87mg (7.19%), Vitamin B2: 0.12mg (7.01%), Vitamin D: 0.91µg (6.06%), Vitamin A: 284.46IU (5.69%), Potassium: 187.19mg (5.35%), Iron: 0.75mg (4.17%), Vitamin E: 0.61mg (4.07%), Copper: 0.07mg (3.71%), Vitamin C: 2.75mg (3.34%), Vitamin B5: 0.3mg (2.97%), Magnesium: 11.54mg (2.89%), Vitamin B12: 0.15µg (2.5%), Fiber: 0.58g (2.31%), Calcium: 22.2mg (2.22%), Vitamin K: 1.51µg (1.44%)