



Chinese Barbecued Baby Back Ribs



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



830 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds baby back ribs (2 to 4 racks)
- ☐ 2 tablespoons garlic chopped
- ☐ 3 tablespoons ginger peeled chopped
- ☐ 0.5 cup hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil

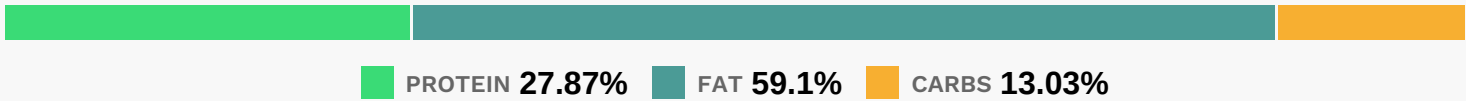
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 400°F with rack in middle. Line a 17- by 12- by 1-inch baking pan with foil.
- ☐ Purée ginger, garlic, soy sauce, and oil in a blender, then transfer to a bowl and whisk in hoisin sauce and honey. Reserve 1/2 cup sauce and coat ribs with remainder.
- ☐ Arrange ribs, meaty sides down, in pan and bake, turning and basting once with some of reserved sauce halfway through baking, until cooked through, about 40 minutes.
- ☐ Turn on broiler.
- ☐ Brush ribs, meaty sides up, with remaining sauce. Broil 4 to 5 inches from heat until edges are lightly charred, 4 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:28.07, Glycemic Load:5.15, Inflammation Score:-4, Nutrition Score:31.228695568831%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 829.53kcal (41.48%), Fat: 54.71g (84.17%), Saturated Fat: 17.77g (111.09%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.82g (9.39%), Sugar: 18.46g (20.51%), Cholesterol: 198.21mg (66.07%), Sodium: 1887.23mg

(82.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.05g (116.09%), Selenium: 89.19µg (127.42%), Vitamin B3: 20.61mg (103.05%), Vitamin B1: 1.33mg (88.54%), Vitamin B6: 1.33mg (66.32%), Vitamin B2: 0.99mg (57.98%), Zinc: 7.54mg (50.26%), Phosphorus: 486.6mg (48.66%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.48mg (24.75%), Potassium: 831.02mg (23.74%), Vitamin D: 3.14µg (20.96%), Copper: 0.36mg (17.89%), Iron: 3.12mg (17.36%), Magnesium: 65.17mg (16.29%), Manganese: 0.29mg (14.7%), Vitamin K: 12.75µg (12.14%), Calcium: 112.16mg (11.22%), Vitamin E: 1.36mg (9.03%), Fiber: 1.33g (5.31%), Folate: 12.29µg (3.07%), Vitamin C: 1.7mg (2.06%), Vitamin A: 65.29IU (1.31%)