

Honey Baked Ribs

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



6

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces beef consomme undiluted canned
- 4 garlic clove minced
- 0.5 cup honey
- 0.5 cup catsup
- 4 pounds pork ribs bone-in country-style cut into serving-size pieces
- 0.5 cup soya sauce

Equipment

- bowl

- oven
- roasting pan
- ziploc bags

Directions

- Combine the first five ingredients in a bowl.
- Pour half into a large resealable plastic bag or shallow glass container; add ribs. Cover and refrigerate overnight, turning once. Refrigerate remaining marinade.
- Remove ribs to a greased roasting pan; discard marinade. Cover and bake at 425° for 10 minutes. Reduce heat to 325°. Cover and bake 30 minutes longer; drain.
- Pour reserved marinade over ribs.
- Bake, uncovered, for 50–70 minutes or until meat is tender, basting frequently.

Nutrition Facts

PROTEIN 20.07% **FAT 62.79%** **CARBS 17.14%**

Properties

Glycemic Index:16.21, Glycemic Load:12.46, Inflammation Score:-2, Nutrition Score:21.342173949532%

Flavonoids

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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 710.31kcal (35.52%), Fat: 49.69g (76.44%), Saturated Fat: 16g (99.97%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 30.2g (10.98%), Sugar: 27.8g (30.89%), Cholesterol: 169.34mg (56.45%), Sodium: 1610.05mg (70%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.74g (71.47%), Selenium: 47.7µg (68.15%), Vitamin B6: 1.32mg (66.08%), Vitamin B3: 11.33mg (56.67%), Vitamin B1: 0.69mg (46.25%), Zinc: 5.49mg (36.63%), Vitamin B2: 0.62mg (36.28%), Phosphorus: 339.13mg (33.91%), Vitamin D: 4.87µg (32.46%), Potassium: 657.67mg (18.79%), Iron: 2.69mg (14.94%), Vitamin B5: 1.45mg (14.46%), Vitamin B12: 0.84µg (13.96%), Magnesium: 46.21mg (11.55%), Copper: 0.23mg (11.43%), Manganese: 0.2mg (9.91%), Vitamin E: 1.08mg (7.18%), Calcium: 46.77mg (4.68%), Vitamin A: 102.78IU (2.06%), Vitamin C: 1.59mg (1.92%), Folate: 6.85µg (1.71%), Fiber: 0.31g (1.25%)