



Indian-Spiced Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound baby back ribs racks of
- ☐ 2 cardamom pods seeds removed
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 6 large garlic cloves minced
- ☐ 0.5 cup onion minced

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon turmeric
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons mustard seeds yellow

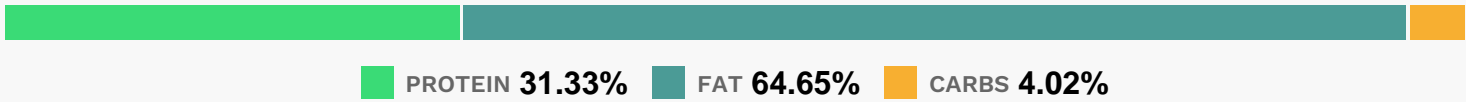
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 35
- ☐ In a medium skillet, combine the coriander, cumin, mustard and cardamom seeds and the cinnamon. Toast the spices over low heat until fragrant and starting to brown, about 1 minute.
- ☐ Transfer to a plate and let cool, then grind to a powder in a mortar or spice mill.
- ☐ Put the powder in a small bowl and stir in the turmeric and cayenne.
- ☐ Put the rib racks on 2 large rimmed baking sheets, meaty side up. Rub the top of each rack with 1 teaspoon of the oil and season with salt and pepper.
- ☐ Spread the minced garlic and then the onion evenly on top.
- ☐ Sprinkle the racks with all but 2 teaspoons of the spice mixture. Roast the ribs for about 30 minutes, or until they start to brown.
- ☐ Raise the oven temperature to 400 and sprinkle the racks with the reserved 2 teaspoons of spice mixture. Roast the ribs for about 30 minutes longer, or until the meat is tender.
- ☐ Cut the racks in between the ribs and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:32.526086791702%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 710.72kcal (35.54%), Fat: 51.42g (79.11%), Saturated Fat: 17.17g (107.28%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 4.88g (1.78%), Sugar: 1.12g (1.24%), Cholesterol: 197.18mg (65.73%), Sodium: 253.96mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.07g (112.13%), Selenium: 92.09µg (131.56%), Vitamin B3: 19.68mg (98.39%), Vitamin B1: 1.35mg (90.22%), Vitamin B6: 1.32mg (66.17%), Vitamin B2: 0.9mg (53.09%), Zinc: 7.69mg (51.28%), Phosphorus: 483.08mg (48.31%), Manganese: 0.73mg (36.46%), Vitamin B12: 1.6µg (26.67%), Potassium: 845.79mg (24.17%), Vitamin B5: 2.41mg (24.06%), Iron: 4.1mg (22.76%), Vitamin D: 3.14µg (20.96%), Magnesium: 68.72mg (17.18%), Copper: 0.33mg (16.46%), Calcium: 142.84mg (14.28%), Fiber: 2.31g (9.24%), Vitamin E: 1.28mg (8.56%), Vitamin K: 7.48µg (7.12%), Vitamin A: 294.37IU (5.89%), Vitamin C: 4.12mg (5%), Folate: 7.31µg (1.83%)