



Italian “Sausage” Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



2

CALORIES



1486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 racks baby back ribs trimmed
- 0.3 cup brown sugar
- 0.5 teaspoon cayenne pepper
- 2 teaspoons chile paste hot to taste
- 1 tablespoon fennel seeds
- 1 tablespoon garlic salt
- 1 tablespoon ground pepper black
- 1 tablespoon kosher salt

- 0.3 cup orange juice
- 1 tablespoon orange zest
- 0.3 cup rice wine vinegar
- 1 tablespoon sugar white

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- aluminum foil

Directions

- Preheat oven to 275 degrees F (135 degrees C). Line a baking sheet with aluminum foil.
- Combine fennel seeds, black pepper, sugar, garlic salt, kosher salt, and cayenne pepper in a small bowl.
- Place rib racks on the prepared baking sheet; cut several shallow slits in the membrane along the backs of the ribs with a sharp paring knife. Rub fennel seed mixture on both sides of ribs.
- Bake in the preheated oven for 1 1/2 hours. Flip ribs and bake until a fork inserts easily between the bones, 1 to 1 1/2 hours. Set aside to cool completely, about 1 hour.
- Combine brown sugar, orange juice, vinegar, orange zest, and hot chile paste in a saucepan over medium heat. Bring to a boil, reduce heat and simmer until reduced by half, about 5 minutes.
- Increase oven temperature to 425 degrees F (220 degrees C) and line a baking sheet with aluminum foil.
- Cut rib racks into individual ribs; toss with glaze in a large bowl until evenly coated.
- Place ribs on the prepared baking sheet. Reserve any additional glaze in the bowl for basting.
- Bake glazed ribs for 5 minutes. Flip, brush with remaining glaze, and bake until browned, 5 to 10 minutes.

Nutrition Facts

PROTEIN 29.45% FAT 56.5% CARBS 14.05%

Properties

Glycemic Index:118.05, Glycemic Load:6.81, Inflammation Score:-7, Nutrition Score:48.046087005864%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1486.34kcal (74.32%), Fat: 93.34g (143.61%), Saturated Fat: 32.87g (205.47%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 49.7g (18.07%), Sugar: 45.56g (50.63%), Cholesterol: 391.23mg (130.41%), Sodium: 7485.8mg (325.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 109.48g (218.95%), Selenium: 175.09µg (250.13%), Vitamin B3: 38.99mg (194.96%), Vitamin B1: 2.65mg (176.91%), Vitamin B6: 2.47mg (123.63%), Vitamin B2: 1.77mg (104.1%), Zinc: 14.63mg (97.54%), Phosphorus: 907.42mg (90.74%), Vitamin B12: 3.18µg (52.92%), Vitamin B5: 4.82mg (48.22%), Potassium: 1659.95mg (47.43%), Vitamin D: 6.24µg (41.58%), Manganese: 0.7mg (35.24%), Vitamin C: 26.56mg (32.19%), Copper: 0.64mg (32.14%), Iron: 5.68mg (31.54%), Magnesium: 117.87mg (29.47%), Calcium: 273.42mg (27.34%), Vitamin E: 1.58mg (10.52%), Fiber: 2.51g (10.06%), Vitamin A: 458.47IU (9.17%), Vitamin K: 5.41µg (5.16%), Folate: 15.21µg (3.8%)