

Maple Glazed Ribs

 Gluten Free  Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds baby back pork ribs
- 2 tablespoons brown sugar packed
- 1 tablespoon cider vinegar
- 2 tablespoons catsup
- 0.8 cup maple syrup
- 0.5 teaspoon ground mustard
- 0.5 teaspoon salt
- 1 tablespoon worcestershire sauce

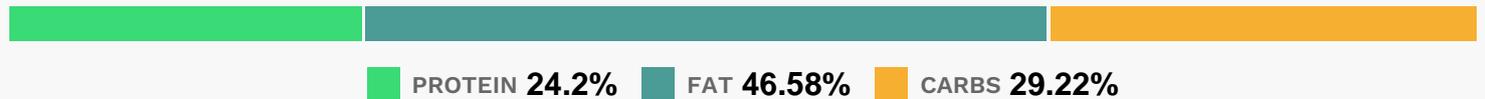
Equipment

- sauce pan
- pot
- grill

Directions

- Place ribs in a large pot, and cover with water. Cover, and simmer for 1 hour, or until meat is tender.
- Drain, and transfer ribs to a shallow dish.
- In a small saucepan, stir together the maple syrup, brown sugar, ketchup, vinegar, Worcestershire sauce, salt, and mustard powder. Bring to a low boil, and cook for 5 minutes, stirring frequently. Cool slightly, then pour over ribs, and marinate in the refrigerator for 2 hours.
- Prepare grill for cooking with indirect heat.
- Remove ribs from marinade.
- Transfer marinade to a small saucepan, and boil for several minutes.
- Lightly oil grate. Cook for about 20 minutes, basting with the cooked marinade frequently, until nicely glazed.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:9.91, Inflammation Score:-2, Nutrition Score:18.653043478079%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 452.53kcal (22.63%), Fat: 23.4g (36%), Saturated Fat: 8.27g (51.67%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 32.99g (12%), Sugar: 29.37g (32.63%), Cholesterol: 98.59mg (32.86%), Sodium: 405.17mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.35g (54.7%), Selenium: 44.31µg (63.3%), Vitamin B2: 0.96mg

(56.43%), Vitamin B3: 9.82mg (49.09%), Manganese: 0.96mg (47.77%), Vitamin B1: 0.68mg (45.56%), Vitamin B6: 0.61mg (30.66%), Zinc: 3.94mg (26.25%), Phosphorus: 224.78mg (22.48%), Potassium: 488.61mg (13.96%), Vitamin B12: 0.8µg (13.34%), Vitamin B5: 1.18mg (11.78%), Vitamin D: 1.57µg (10.48%), Calcium: 96.01mg (9.6%), Magnesium: 33.44mg (8.36%), Iron: 1.35mg (7.49%), Copper: 0.14mg (7.16%), Vitamin E: 0.43mg (2.84%), Vitamin A: 59.37IU (1.19%)