

Mo's Sticky Ribs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 2.3 pounds baby back ribs
- ☐ 4 servings sea salt for sprinkling
- ☐ 1 cup catsup
- ☐ 12 ounce lager
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 4 servings salt and pepper freshly ground

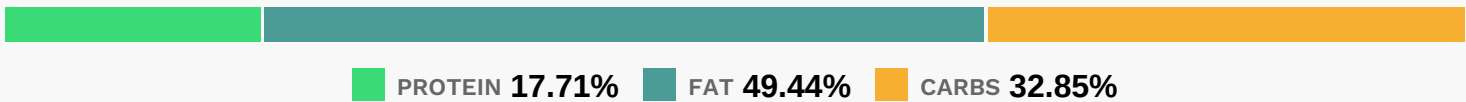
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven to 30
- ☐ On a rimmed baking sheet, season the ribs with salt, pepper and garlic.
- ☐ Drizzle with oil and scatter the cloves over the ribs and in the pan.
- ☐ Pour the beer over the ribs, cover with foil and bake for 2 hours, until the meat is tender.
- ☐ Strain the pan juices into a saucepan.
- ☐ Whisk in the ketchup, jam and lemon juice and boil over high heat until reduced to 1 1/2 cups, about 20 minutes.
- ☐ Preheat the broiler. Set the ribs meaty side down on the baking sheet, brush with glaze and broil 4 inches from the heat for 7 minutes. Turn the ribs and brush with half of the remaining glaze. Broil for 10 minutes, until starting to char.
- ☐ Brush with the remaining glaze and broil until browned, 10 minutes.
- ☐ Let rest for 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:1.32, Inflammation Score:-6, Nutrition Score:21.706086832544%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 736.53kcal (36.83%), Fat: 40.48g (62.27%), Saturated Fat: 11.25g (70.34%), Carbohydrates: 60.51g (20.17%), Net Carbohydrates: 59.85g (21.76%), Sugar: 38.81g (43.12%), Cholesterol: 110.91mg (36.97%), Sodium: 907.09mg (39.44%), Alcohol: 3.32g (100%), Alcohol %: 1.07% (100%), Protein: 32.62g (65.24%), Selenium: 52.19µg (74.56%), Vitamin B3: 12.24mg (61.21%), Vitamin B1: 0.76mg (50.75%), Vitamin B6: 0.88mg (43.94%), Vitamin B2: 0.63mg (37.06%), Phosphorus: 290.14mg (29.01%), Zinc: 4.32mg (28.83%), Vitamin E: 3.39mg (22.61%), Potassium: 681.7mg (19.48%), Vitamin B12: 0.92µg (15.29%), Vitamin C: 12.05mg (14.61%), Vitamin B5: 1.43mg (14.27%), Copper: 0.28mg (13.93%), Vitamin D: 1.77µg (11.79%), Iron: 2mg (11.09%), Magnesium: 43.98mg (10.99%), Vitamin K: 10.24µg (9.75%), Vitamin A: 465.09IU (9.3%), Calcium: 77.37mg (7.74%), Manganese: 0.13mg (6.7%), Folate: 14.75µg (3.69%), Fiber: 0.66g (2.64%)