



## Orange and Soy-Glazed Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 pounds baby back ribs (18–20 ribs)
- 5 teaspoons cumin seeds divided
- 9 garlic clove divided minced
- 3 tablespoons honey
- 1 lemon zest
- 1.5 cups orange juice fresh
- 3 teaspoons pepper red divided crushed
- 6 spring onion white separated finely chopped ( and light-green parts from dark-green parts)

- 1 cup soya sauce divided
- 3 tablespoons vegetable oil

## Equipment

- pot
- aluminum foil
- broiler

## Directions

- Place ribs, 1/2 cup soy sauce, 3 minced garlic cloves, 2 teaspoons cumin seeds, and 1 teaspoon red pepper flakes in a large pot; add water to cover completely. Bring to a boil and immediately reduce to a simmer. Cover with lid ajar; cook until ribs are tender, about 2 hours.
- Drain ribs; set aside for 10 minutes.
- Meanwhile, heat oil in a small saucepan over medium heat; add remaining 3 teaspoons cumin seeds and 2 teaspoons red pepper flakes. Toast lightly until fragrant, about 30 seconds; add remaining 6 minced garlic cloves and white and pale-green scallions. Sauté until just soft, about 2 minutes.
- Add remaining 1/2 cup soy sauce, orange juice, and honey. Bring to a boil and cook until sauce is thick, 12–15 minutes.
- Preheat broiler. Line a rimmed baking sheet with foil.
- Place ribs on prepared sheet; brush with sauce. Broil until sauce bubbles, 2–3 minutes. Turn, brush with additional sauce, and broil until ribs are heated through and sauce is bubbling, 2–3 minutes longer.
- Transfer to a platter.
- Drizzle with remaining sauce.
- Sprinkle dark-green scallions and citrus zest over.

## Nutrition Facts

 **PROTEIN 27.31%**  **FAT 57.29%**  **CARBS 15.4%**

## Properties

Glycemic Index:31.05, Glycemic Load:8.71, Inflammation Score:-7, Nutrition Score:26.521739254827%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

## Nutrients (% of daily need)

Calories: 536.61kcal (26.83%), Fat: 34.75g (53.46%), Saturated Fat: 10.75g (67.22%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 19.53g (7.1%), Sugar: 14.96g (16.62%), Cholesterol: 115.02mg (38.34%), Sodium: 2327.93mg (101.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.54%), Selenium: 52.64µg (75.2%), Vitamin B3: 13.37mg (66.87%), Vitamin B1: 0.87mg (57.97%), Vitamin B6: 0.9mg (45.06%), Vitamin C: 36.14mg (43.8%), Vitamin K: 38.63µg (36.79%), Vitamin B2: 0.62mg (36.47%), Phosphorus: 340.7mg (34.07%), Zinc: 4.68mg (31.19%), Iron: 3.9mg (21.65%), Potassium: 725.24mg (20.72%), Manganese: 0.39mg (19.52%), Vitamin B5: 1.68mg (16.82%), Vitamin B12: 0.93µg (15.56%), Magnesium: 60.43mg (15.11%), Copper: 0.28mg (14.19%), Vitamin D: 1.83µg (12.22%), Vitamin A: 598.88IU (11.98%), Calcium: 103.8mg (10.38%), Vitamin E: 1.49mg (9.93%), Folate: 34.16µg (8.54%), Fiber: 1.49g (5.96%)