



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

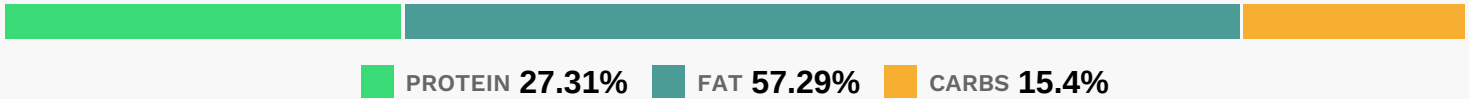
Equipment

- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place ribs, 1/2 cup soy sauce, 3 mincedgarlic cloves, 2 teaspoons cumin seeds, and 1 teaspoonred pepper flakes in a large pot; add waterto cover completely. Bring to a boil andimmediately reduce to a simmer. Cover withlid ajar; cook until ribs are tender, about2 hours.
- ☐ Drain ribs; set aside for 10 minutes.
- ☐ Meanwhile, heat oil in a small saucepanover medium heat; add remaining 3 teaspoonscumin seeds and 2 teaspoons red pepperflakes. Toast lightly until fragrant, about30 seconds; add remaining 6 minced garliccloves and white and pale-green scallions.Sauté until just soft, about 2 minutes.
- ☐ Addremaining 1/2 cup soy sauce, orange juice,and honey. Bring to a boil and cook untilsauce is thick, 12–15 minutes.
- ☐ Preheat broiler. Line a rimmed bakingsheet with foil.
- ☐ Place ribs on preparedsheet; brush with sauce. Broil until saucebubbles, 2–3 minutes. Turn, brush withadditional sauce, and broil until ribs areheated through and sauce is bubbling,2–3 minutes longer.
- ☐ Transfer to a platter.
- ☐ Drizzle with remaining sauce.
- ☐ Sprinkledark-green scallions and citrus zest over.

Nutrition Facts



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%)