



Orange Soy Baby Back Ribs



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 racks baby back pork ribs cut into individual ribs (2 to 3 lb total)
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 cup soya sauce

Equipment

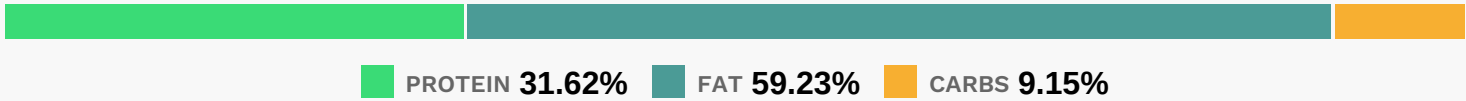
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Put ribs in a large sealable plastic bag. Stir together orange juice, soy sauce, brown sugar, and cumin in a bowl until sugar is dissolved, then pour marinade over ribs in bag and seal bag, pressing out excess air. Marinate ribs, chilled, turning bag over after 30 minutes, 1 hour total.
- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Transfer ribs and marinade to baking dish and arrange ribs in 1 layer, not touching. Roast ribs 30 minutes, then turn over ribs with tongs and continue roasting until they are tender and well browned and marinade is thick and syrupy, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:29.207391489135%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 704.84kcal (35.24%), Fat: 46.45g (71.47%), Saturated Fat: 16.41g (102.55%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.93g (5.79%), Sugar: 14.9g (16.55%), Cholesterol: 195.62mg (65.21%), Sodium: 1061.46mg (46.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.8g (111.6%), Selenium: 87.36µg (124.8%), Vitamin B3: 19.88mg (99.41%), Vitamin B1: 1.32mg (88.08%), Vitamin B6: 1.24mg (61.97%), Vitamin B2: 0.89mg (52.53%), Zinc: 7.3mg (48.66%), Phosphorus: 461.12mg (46.11%), Vitamin B12: 1.59µg (26.46%), Vitamin B5: 2.42mg (24.21%), Potassium: 789.21mg (22.55%), Vitamin D: 3.12µg (20.79%), Iron: 2.96mg (16.45%), Copper: 0.3mg (14.76%), Magnesium: 55.93mg (13.98%), Calcium: 108.56mg (10.86%), Vitamin C: 7.79mg (9.44%), Manganese: 0.12mg (6.13%), Vitamin E: 0.7mg (4.69%), Vitamin A: 99.72IU (1.99%), Folate: 7.45µg (1.86%)