



Root Beer and Sesame Glazed Ribs

 **Gluten Free**  **Dairy Free**

READY IN



890 min.

SERVINGS



8

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons chile-garlic sauce (such as Sriracha)
- 3 cloves garlic peeled
- 0.3 cup green onions finely chopped
- 8 servings salt and ground pepper black to taste
- 1 tablespoon asian chile pepper sauce (such as sambal oelek)
- 2 ribs racks lamb (8 bone)
- 0.3 cup rice vinegar
- 1 teaspoon salt

- 3 tablespoons asian sesame oil toasted ()
- 2 teaspoons sesame seed toasted

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- aluminum foil
- ziploc bags

Directions

- Pour sesame oil, chile-garlic sauce, and 1 teaspoon salt in a bowl. Stir to dissolve salt.
- Place ribs onto a square of aluminum foil and brush sesame oil mixture onto ribs on both sides.
- Place ribs into a heavy resealable plastic bag.
- Pour root beer over the ribs and seal the bag. Refrigerate at least 12 hours, or overnight.
- Remove ribs from marinade; reserve marinade in a bowl and keep refrigerated.
- Preheat oven to 250 degrees F (120 degrees C).
- Place a large piece of aluminum foil onto a baking sheet.
- Place rib racks, meat-side up, onto the foil and season both sides with salt and black pepper.
- Place a piece of parchment paper on top of the meat; place another piece of foil over the parchment paper. Fold edges and seal sides to make an airtight package.
- Bake ribs in the preheated oven until almost fork-tender, about 2 hours. Open foil packet and test for doneness; a fork inserted into the meat will go in with some effort.
- Transfer reserved marinade to a small saucepan.
- Add garlic, green onions, and rice vinegar to marinade and bring to a boil. Reduce heat to medium-high and cook until sauce is reduced by half, about 5 minutes; stir often.

- Pour pan juices from foil packet into saucepan with the sauce.
- Add Asian chile pepper sauce. Bring back to a simmer and cook sauce until slightly thickened to a glaze, about 5 more minutes.
- Increase oven heat to 450 degrees F (230 degrees C). Line another baking sheet with foil and transfer ribs to baking sheet.
- Brush both sides of ribs with thickened glazing sauce. Cook in hot oven until glaze begins to cook onto meat, 6 to 7 minutes.
- Brush another coat of glaze onto the ribs; repeat 4 more times, cooking 5 to 6 more minutes per time, until meat is shiny, glazed, browned, and fully fork-tender.
- Brush 1 more coat of glaze onto meat.
- Sprinkle ribs with sesame seeds and cook for 5 more minutes to set the last glaze coat.

Nutrition Facts

PROTEIN 1.95%

FAT 82.24%

CARBS 15.81%

Properties

Glycemic Index:28, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.2678261036458%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 62.71kcal (3.14%), Fat: 5.61g (8.63%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.29g (1.44%), Cholesterol: 0.19mg (0.06%), Sodium: 605.12mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 7.63µg (7.26%), Vitamin C: 3.63mg (4.4%), Manganese: 0.06mg (2.88%), Fiber: 0.48g (1.9%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.49%), Calcium: 10.56mg (1.06%)