



HEALTH SCORE

58%

Rory's Ribs with Grilled Corn, Cantaloupe, and Fresh Herb Salad

READY IN



155 min.

SERVINGS



8

CALORIES



1323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large racks baby back pork ribs each
- ☐ 1 cup butter room temperature 2 sticks
- ☐ 1 cantaloupe whole rinsed seeded cut into 1/2-inch-thick slices cut in half, , each half
- ☐ 8 servings cayenne pepper
- ☐ 8 tablespoons chili powder divided
- ☐ 6 tablespoons brown sugar dark packed
- ☐ 8 large ears of corn fresh husked
- ☐ 1 tablespoon chives fresh chopped

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 garlic cloves peeled
- ☐ 8 servings honey
- ☐ 1 juice of orange grated juiced
- ☐ 2.3 cups catsup
- ☐ 1.8 cups low-salt chicken broth divided
- ☐ 2 tablespoons marjoram leaves fresh chopped
- ☐ 4.5 tablespoons mild-flavored molasses light
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 servings orange wedges for garnish
- ☐ 2 bunches parsley dried fresh italian cleaned
- ☐ 0.3 cup red wine vinegar
- ☐ 3 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 7 tablespoons soya sauce divided

Equipment

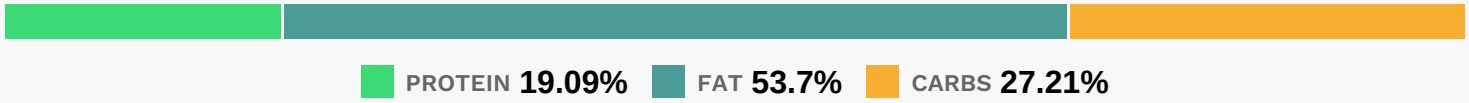
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ garlic press

Directions

- ☐ Heat oil in medium saucepan over medium heat. Press garlic through garlic press into pan. Stir 30 seconds.
- ☐ Add the ketchup, 3/4 cup broth, 3 tablespoons soy sauce, brown sugar, molasses, and vinegar. Bring sauce to a simmer. Reduce heat to medium-low; simmer until reduced to 3 cups, stirring occasionally, about 15 minutes.
- ☐ Transfer to bowl. This can be made 1 week ahead. Cover and chill.
- ☐ Sprinkle each side of each rib rack with salt, pepper, and 1 tablespoon chili powder. Arrange 2 racks on each of 2 large rimmed baking sheets. This can be made 1 day ahead; cover and chill.
- ☐ Position 1 oven rack in top third of oven and 1 rack in bottom third; preheat to 450 degrees F.
- ☐ Pour 1/2 cup of remaining broth and 2 tablespoons of remaining soy sauce around ribs on each sheet; cover each with foil.
- ☐ Bake ribs 30 minutes; reverse sheets.
- ☐ Bake ribs until tender, about 45 minutes longer. Uncover; cool slightly.
- ☐ Cut each rib rack between bones into individual ribs.
- ☐ Brush ribs generously with sauce. This can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Whisk butter and all herbs in medium bowl to blend. Season butter, to taste, with salt and pepper. This can be made 1 week ahead. Cover; chill. Bring to room temperature before using.
- ☐ Arrange corn on baking sheet; sprinkle with salt and pepper.
- ☐ Let stand until ready to grill, up to 2 hours.
- ☐ Prepare barbecue (medium-high heat). Grill ribs until heated through and slightly charred, turning occasionally and brushing with more sauce, about 10 minutes. Pile ribs on platter.
- ☐ Grill corn until tender and beginning to char and show grill marks, turning often and brushing with herb butter, about 10 minutes.
- ☐ Transfer to plate; top with more butter.
- ☐ Serve with remaining butter.
- ☐ For Melon: Grill cantaloupe slices on 1 side until showing grill marks, about 3 minutes. Mound, grilled side up, on platter.
- ☐ Brush with honey; sprinkle with cayenne.

- ☐
- For Fresh Herb Salad: This easy side dish is a cooling contrast to the rest of the meal.
- ☐
- Whisk 1/4 cup red wine vinegar, 1/4 cup orange juice, 2 tablespoons extra-virgin olive oil, and 1 teaspoon (packed) finely grated orange peel in small bowl. Season the dressing with salt and pepper. Strip thick stems from 2 large bunches of fresh Italian parsley and place small top sprigs and leaves in large bowl. Cover and chill until ready to use, up to 2 hours. Re-whisk dressing. Toss parsley with enough dressing to coat and serve.
- ☐
- In a small saucepan over medium heat, saute the garlic in the oil until fragrant.
- ☐
- Add the remaining ingredients and simmer for 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:71.41, Glycemic Load:14.78, Inflammation Score:-10, Nutrition Score:59.683043604312%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 25.42mg, Hesperetin: 25.42mg, Hesperetin: 25.42mg, Hesperetin: 25.42mg Naringenin: 14.07mg, Naringenin: 14.07mg, Naringenin: 14.07mg, Naringenin: 14.07mg Apigenin: 31.83mg, Apigenin: 31.83mg, Apigenin: 31.83mg, Apigenin: 31.83mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 1323.12kcal (66.16%), Fat: 82.31g (126.64%), Saturated Fat: 33.11g (206.97%), Carbohydrates: 93.84g (31.28%), Net Carbohydrates: 83.72g (30.45%), Sugar: 61.97g (68.86%), Cholesterol: 256.62mg (85.54%), Sodium: 2127.58mg (92.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.83g (131.67%), Vitamin K: 264.52µg (251.93%), Vitamin A: 8497.7IU (169.95%), Selenium: 94.56µg (135.09%), Vitamin B3: 26.28mg (131.38%), Vitamin C: 96.42mg (116.88%), Vitamin B1: 1.7mg (113.45%), Vitamin B6: 1.89mg (94.56%), Vitamin B2: 1.28mg (75.48%), Phosphorus: 697.66mg (69.77%), Zinc: 9.15mg (60.98%), Potassium: 2130.84mg (60.88%), Vitamin E: 7.64mg (50.97%), Magnesium: 188.12mg (47.03%), Manganese: 0.91mg (45.5%), Iron: 7.55mg (41.95%), Fiber: 10.12g (40.47%), Vitamin B5: 4.04mg (40.36%), Copper: 0.73mg (36.57%), Folate: 137.52µg (34.38%), Vitamin B12: 1.69µg (28.12%), Calcium: 248.97mg (24.9%), Vitamin D: 3.12µg (20.79%)