



Rum-Glazed Spare Ribs

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings barbecue sauce
- 1 tablespoon cumin
- 1 tablespoon brown sugar dark
- 1 cup rum dark
- 2 teaspoons paprika
- 2 teaspoons pepper
- 1 tablespoon salt
- 3 lb spare ribs

- 0.3 cup sugar
- 0.5 teaspoon tabasco
- 0.3 cup tomato paste
- 2 tablespoons vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

Directions

- Preheat oven to 350F. Trim excess fat off ribs and brush both sides with vegetable oil. In a bowl, mix brown sugar, paprika, cumin, pepper and salt. Rub mixture evenly over ribs.
- Place ribs in a large roasting pan and pour in 1 cup water. Cover with aluminum foil and bake until tender, 1 1/2 hours.
- In a small pan, mix rum, sugar, tomato paste, Worcestershire sauce and Tabasco. Bring to a boil over medium heat; cook for 5 minutes, stirring occasionally.
- Remove foil from roasting pan, pour off all but 1/2 cup of liquid in pan and pour rum mixture over ribs. Return pan to oven and continue baking, uncovered, turning ribs several times and basting with liquid in pan, until meat starts to pull away from bones and is very tender, about 1 hour.
- Add a little water as necessary to prevent scorching.
- Let ribs rest on a cutting board for 5 minutes. Slice into individual portions and serve hot with barbecue sauce on the side, if desired.

Nutrition Facts



■ PROTEIN 18.84% ■ FAT 70.29% ■ CARBS 10.87%

Properties

Glycemic Index:22.76, Glycemic Load:5, Inflammation Score:-4, Nutrition Score:13.121739207403%

Nutrients (% of daily need)

Calories: 474.51kcal (23.73%), Fat: 31.58g (48.58%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 10.26g (3.73%), Sugar: 9.31g (10.34%), Cholesterol: 95.25mg (31.75%), Sodium: 1080.2mg (46.97%), Alcohol: 10.02g (100%), Alcohol %: 7.22% (100%), Protein: 19.04g (38.08%), Selenium: 26.81µg (38.29%), Vitamin B6: 0.72mg (35.93%), Vitamin B3: 5.92mg (29.6%), Vitamin B1: 0.4mg (26.35%), Zinc: 3.11mg (20.75%), Vitamin B2: 0.33mg (19.22%), Phosphorus: 183.55mg (18.35%), Vitamin D: 2.74µg (18.26%), Potassium: 425.2mg (12.15%), Iron: 2.13mg (11.85%), Vitamin E: 1.26mg (8.38%), Vitamin K: 8.49µg (8.09%), Vitamin B5: 0.78mg (7.79%), Vitamin A: 387.71IU (7.75%), Copper: 0.16mg (7.75%), Vitamin B12: 0.45µg (7.54%), Manganese: 0.14mg (7.18%), Magnesium: 27.56mg (6.89%), Calcium: 35.62mg (3.56%), Fiber: 0.73g (2.9%), Vitamin C: 2.32mg (2.82%)