



## Spice-Rubbed Sticky Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



1206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 racks pork loin back ribs fat trimmed (baby back) ( 8 lb. total)
- ☐ 1.3 cups glaze (recipes follow)
- ☐ 6 tablespoons spice rub (recipes follow)

### Equipment

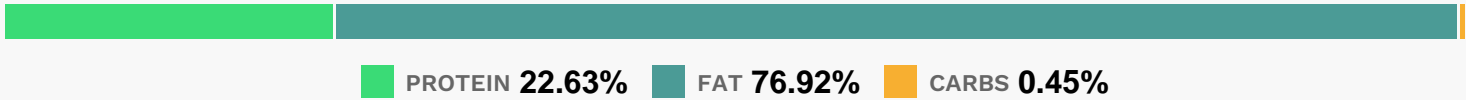
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Rinse ribs and pat dry. Rub spice mixture over both sides.
- ☐ Line two 12- by 17-inch baking pans with foil. Set a rack in each and lightly coat with cooking oil spray. Set ribs, meaty side up, in a single layer on racks.
- ☐ Bake in a 425 oven until ribs are lightly browned on top, 20 to 30 minutes. Turn each slab over and switch pan positions. Continue baking until ribs are browned, 20 to 30 minutes longer.
- ☐ Brush generously with glaze. Continue baking, basting occasionally, until glaze is browned and bubbly, 6 to 12 minutes. Turn ribs over and brush generously with more glaze.
- ☐ Bake, basting occasionally, until glaze is browned and meat between ribs is no longer pink in the center (cut to test), 6 to 12 minutes longer.
- ☐ Transfer ribs to a board.
- ☐ Let rest 5 minutes.
- ☐ Cut between ribs.
- ☐ Chili-cumin rub.
- ☐ Mix 3 tablespoons chili powder, 3 tablespoons coarse salt, and 2 tablespoons cumin seeds.
- ☐ Curry spice rub.
- ☐ Mix 3 tablespoons coarse salt, 3 tablespoons curry powder, 1 tablespoon ground ginger, and 1 tablespoon ground coriander.
- ☐ Honey-lime-chipotle glaze.
- ☐ Mix 1 cup honey; 6 tablespoons lime juice; and 2 tablespoons minced canned chipotle chiles, Asian red chili paste, or hot chile flakes.
- ☐ Apricot-mustard glaze. In a blender, whirl 1 1/3 cups apricot jam, 1/2 cup Dijon mustard, and 1/2 cup white wine vinegar until smooth.
- ☐ Per serving with chili-cumin rub and honey-lime-chipotle glaze.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:37.009130585453%

Nutrients (% of daily need)

Calories: 1206.47kcal (60.32%), Fat: 101.55g (156.23%), Saturated Fat: 32.69g (204.32%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.06g (0.07%), Cholesterol: 346.67mg (115.56%), Sodium: 351.54mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.23g (134.46%), Selenium: 95.48µg (136.4%), Vitamin B6: 2.51mg (125.69%), Vitamin B3: 20.26mg (101.31%), Vitamin B1: 1.39mg (92.51%), Zinc: 10.9mg (72.64%), Vitamin D: 9.97µg (66.44%), Vitamin B2: 1.09mg (64.21%), Phosphorus: 614.42mg (61.44%), Potassium: 1062.35mg (30.35%), Vitamin B12: 1.65µg (27.44%), Vitamin B5: 2.71mg (27.08%), Iron: 4.65mg (25.83%), Magnesium: 73.81mg (18.45%), Copper: 0.36mg (18.18%), Vitamin K: 16.11µg (15.34%), Vitamin E: 1.63mg (10.86%), Manganese: 0.18mg (9.02%), Calcium: 84.92mg (8.49%), Vitamin A: 52.64IU (1.05%)