



Spicy Cherry Ribs



Dairy Free

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READY IN

ready

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295 min.

SERVINGS

servings

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4

CALORIES

calories

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285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 cups cherries in syrup canned
- ☐ 2 tablespoons garlic minced
- ☐ 4 tablespoons ginger minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons hot sauce recommended: Sriracha

- ☐ 1 tablespoon oil
- ☐ 0.5 teaspoon paprika
- ☐ 2 pork rib racks louis style St. spare ribs
- ☐ 1 cup onion diced red
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons scallions chopped
- ☐ 1 teaspoon sesame oil
- ☐ 1 teaspoon sesame seed
- ☐ 1 tablespoon sherry wine vinegar
- ☐ 4 tablespoons soya sauce
- ☐ 2 tablespoons tequila recommended: Cabo Wabo Resposado
- ☐ 2 teaspoons mustard yellow

Equipment

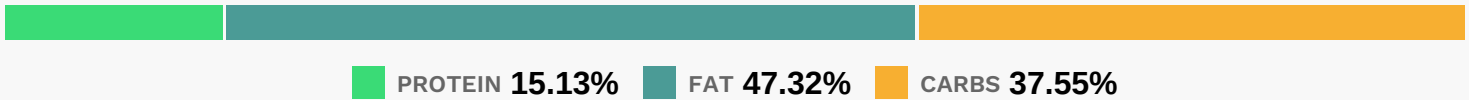
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Place ribs onto aluminum foil.
- ☐ Brush the mustard onto the ribs.
- ☐ Mix dry ingredients thoroughly. Then cover the ribs with the rub.
- ☐ Let sit at room temperature for 45 minutes.
- ☐ Preheat oven to 325 degrees F.
- ☐ Wrap the ribs, meat side down, in the aluminum foil then place onto a baking sheet.

- ☐ Bake for 10 minutes. After 10 minutes, reduce the heat to 225 degrees F and cook for another 1 1/2 hours. Then, open the foil and cook for 1 hour.
- ☐ Remove ribs from oven, and discard the foil.
- ☐ Cut into 4-rib portions. Liberally slather on the Spicy Cherry Glaze, then place, bone side down, in a roasting pan.
- ☐ Pour the remaining sauce over the ribs and continue to cook for 1 1/2 hours, basting occasionally. When ribs are fork tender, place under broiler for 10 minutes to crisp the cherry glaze.
- ☐ Serve immediately garnished with scallions and sesame seeds.
- ☐ In a medium saute pan over medium heat, add oil, onion, ginger, cherries and garlic.
- ☐ Saute until lightly caramelized. Deglaze with tequila, hot sauce, sesame oil, sherry wine vinegar and soy sauce.
- ☐ Let simmer for 15 minutes. Season, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:5.01, Inflammation Score:-6, Nutrition Score:12.071739155313%

Flavonoids

Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg, Cyanidin: 31.27mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg, Epicatechin: 5.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

Nutrients (% of daily need)

Calories: 284.82kcal (14.24%), Fat: 14.66g (22.56%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 22g (8%), Sugar: 15.71g (17.45%), Cholesterol: 31.64mg (10.55%), Sodium: 1909.24mg (83.01%), Alcohol: 2.51g (100%), Alcohol %: 1.28% (100%), Protein: 10.55g (21.1%), Manganese: 0.61mg (30.5%), Vitamin C:

19.9mg (24.12%), Vitamin B6: 0.46mg (23.19%), Fiber: 4.18g (16.73%), Selenium: 10.85µg (15.5%), Potassium: 539.06mg (15.4%), Vitamin B3: 3mg (15%), Vitamin K: 15.21µg (14.49%), Vitamin B1: 0.21mg (14.17%), Phosphorus: 135.55mg (13.56%), Vitamin B2: 0.2mg (11.87%), Iron: 2.02mg (11.2%), Copper: 0.22mg (11.14%), Magnesium: 42.29mg (10.57%), Zinc: 1.41mg (9.42%), Vitamin E: 1.09mg (7.26%), Vitamin A: 356.2IU (7.12%), Vitamin B5: 0.66mg (6.63%), Calcium: 62.65mg (6.27%), Vitamin D: 0.91µg (6.06%), Folate: 19.79µg (4.95%), Vitamin B12: 0.15µg (2.5%)