Spicy Glazed Pork Ribs

Gluten Free   **Dairy Free**   **Low Fod Map**

READY IN	SERVINGS	CALORIES
45 min.	8	267 kcal

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 3 pounds baby back ribs separated
- [ ] 2 tablespoons t brown sugar dark
- [ ] 0.5 cup pepper flakes hot (Korean pepper paste)
- [ ] 8 servings kosher salt
- [ ] 2 tablespoons soy sauce reduced-sodium
- [ ] 2 teaspoons sesame oil toasted
- [ ] 2 tablespoons rice vinegar

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] baking pan
- [ ] aluminum foil

Directions

- [ ] Whisk gochujang, brown sugar, soy sauce, vinegar, and oil in a small bowl until smooth; season with salt.

- [ ] Toss ribs and half of marinade in a 13x9" baking dish; set aside remaining marinade. Cover ribs with foil and chill at least 4 hours.

- [ ] Preheat oven to 350°F.

- [ ] Bake ribs, covered, until meat is tender, about 1 hour. Uncover and increase oven temperature to 450°F. Roast, turning occasionally and brushing with reserved marinade during last 5 minutes, until ribs are deeply browned, glazed, and fork-tender, 40–45 minutes longer.

- [ ] DO AHEAD: Ribs can be marinated 1 day ahead. Keep chilled.

Nutrition Facts

PROTEIN 31.44% **FAT 62.57%** **CARBS 5.99%**
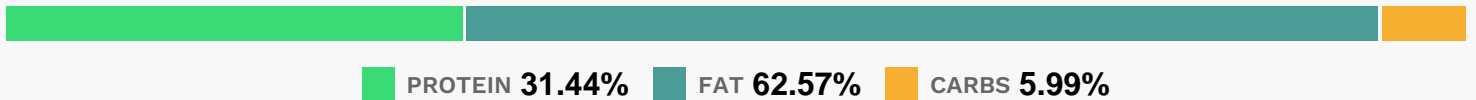
Properties

Glycemic Index:11.88, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:12.267826082914%

Nutrients (% of daily need)

Calories: 267.03kcal (13.35%), Fat: 18.55g (28.54%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.43g (3.81%), Cholesterol: 73.94mg (24.65%), Sodium: 432.78mg (18.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.95%), Selenium: 33.02µg (47.17%), Vitamin B3: 7.43mg (37.13%), Vitamin B1: 0.5mg (33.21%), Vitamin B6: 0.51mg (25.36%), Vitamin B2: 0.34mg (20.26%), Zinc: 2.78mg (18.53%), Phosphorus: 175.98mg (17.6%), Vitamin C: 13.47mg (16.33%), Vitamin B12: 0.6µg (10%), Vitamin B5: 0.91mg (9.12%), Potassium: 313.07mg (8.94%), Vitamin D: 1.18µg (7.86%), Copper: 0.11mg (5.67%), Magnesium: 22.38mg (5.59%), Iron: 0.99mg (5.5%), Calcium: 38.58mg (3.86%), Manganese: 0.05mg (2.38%), Vitamin E: 0.35mg (2.35%), Vitamin A: 112.83IU (2.26%), Vitamin K: 1.45µg (1.38%)