



Sticky Spicy Ribs



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



920 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb baby back ribs
- ☐ 0.8 teaspoon pepper black
- ☐ 1.5 teaspoons chipotle sauce
- ☐ 0.5 cup apple cider vinegar
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1.5 tablespoons ginger fresh peeled finely chopped
- ☐ 6 garlic clove finely chopped
- ☐ 1 teaspoon ground allspice

- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 cups catsup
- ☐ 1.5 cups onion chopped (from 1 large)
- ☐ 2 tablespoons paprika hot (not)
- ☐ 1.5 teaspoons salt
- ☐ 6 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

Equipment

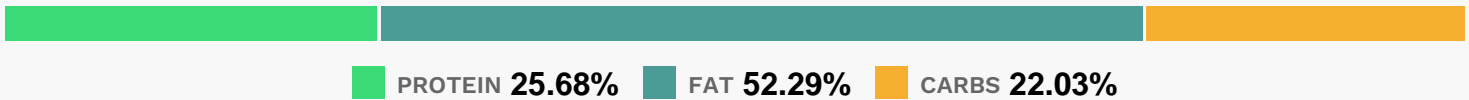
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Whisk together brown sugar, salt, and spices in a small bowl.
- ☐ Line a 17- by 12- by 1-inch heavy-duty baking pan with a double layer of foil, then oil foil.
- ☐ Pat ribs dry and arrange in baking pan. Rub ribs all over with spice mixture and marinate, meaty sides up, covered and chilled, 2 1/2 hours.
- ☐ Bring ribs to room temperature, about 30 minutes.
- ☐ Put oven rack in middle position and preheat oven to 350°F.

- ☐ Cover pan tightly with foil; bake 1 1/4 hours.
- ☐ Remove foil.
- ☐ Cook onion, garlic, and ginger in oil in a 2-quart heavy saucepan over moderate heat, stirring occasionally, until softened, about 6 minutes.
- ☐ Add remaining ingredients and simmer, uncovered, stirring occasionally, 15 minutes.
- ☐ Purée sauce in 2 or 3 batches in a blender until smooth (use caution when blending hot liquids). Set aside 1 cup sauce for serving with ribs.
- ☐ Prepare grill for cooking over indirect heat with medium-hot charcoal (moderate heat for gas); see Grilling Procedure.
- ☐ To cook ribs using a charcoal grill: Lightly oil grill rack, then transfer ribs to area of rack with no coals underneath, reserving pan juices, and cook, covered with lid, basting generously with pan juices and sauce and turning over and rotating ribs every 10 minutes (keep ribs over indirect heat), until tender and browned, 30 to 40 minutes total.
- ☐ Transfer ribs to a cutting board and let stand 5 minutes before cutting into individual ribs.
- ☐ To cook ribs using a gas grill: Lightly oil grill rack, then transfer ribs to rack above shut-off burner, reserving pan juices. Grill, covered with lid, basting generously with pan juices and sauce and turning over and rotating ribs every 10 minutes (keep ribs over shut-off burner), until ribs are tender and browned, 30 to 40 minutes total.
- ☐ Transfer ribs to a cutting board and let stand 5 minutes before cutting into individual ribs.
- ☐ If you aren't able to grill outdoors, after baking ribs covered, remove top sheet of foil and continue to bake ribs, uncovered, basting generously with sauce and pan juices every 10 minutes and turning ribs after 20 minutes, 40 minutes total. Then turn on broiler and broil ribs, meaty sides up, 4 to 6 inches from heat until browned, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:39.127826068712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg,

Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 919.67kcal (45.98%), Fat: 54.44g (83.75%), Saturated Fat: 17.74g (110.9%), Carbohydrates: 51.61g (17.2%), Net Carbohydrates: 47.92g (17.43%), Sugar: 36.87g (40.96%), Cholesterol: 197.18mg (65.73%), Sodium: 3461.21mg (150.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.16g (120.32%), Selenium: 90.02µg (128.6%), Vitamin B3: 22.26mg (111.29%), Vitamin B1: 1.39mg (92.41%), Vitamin B6: 1.62mg (81%), Vitamin B2: 1.13mg (66.5%), Phosphorus: 542.58mg (54.26%), Zinc: 7.91mg (52.73%), Vitamin A: 2264.34IU (45.29%), Potassium: 1276.2mg (36.46%), Manganese: 0.63mg (31.7%), Vitamin B5: 2.7mg (26.99%), Iron: 4.82mg (26.8%), Vitamin B12: 1.6µg (26.67%), Vitamin E: 3.63mg (24.17%), Copper: 0.47mg (23.46%), Magnesium: 89.82mg (22.45%), Vitamin D: 3.14µg (20.96%), Vitamin K: 18.99µg (18.08%), Calcium: 164.75mg (16.47%), Fiber: 3.68g (14.74%), Vitamin C: 9.95mg (12.06%), Folate: 26.95µg (6.74%)