



## Sweet and Spicy Asian Barbecued Ribs

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



4

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup five-spice powder chinese
- 2 tablespoons apricot preserves
- 2 slabs baby back ribs trimmed
- 1 strip bacon thick cut cut into 1-inch pieces
- 2 tablespoons brown sugar
- 1.5 teaspoons chili sauce (recommended: Sriracha)
- 1 clove garlic minced
- 1 teaspoon ginger freshly grated

- 2 green onions chopped for garnish
- 1 tablespoon hoisin sauce
- 2 tablespoons honey
- 0.3 cup catsup
- 3 tablespoons soya sauce light
- 1 tablespoon rice vinegar
- 0.5 shallots finely chopped

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- grill
- kitchen thermometer
- aluminum foil
- slotted spoon
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat a grill to approximately 250 degrees F.
- Lightly season the ribs with the five-spice powder so it forms a light crust.
- Put the ribs, meat side up, over an area of the grill with indirect heat.
- Let the ribs cook for 2 hours.
- While the ribs are cooking, prepare the barbecue sauce.
- Heat a medium saucepan over medium heat.
- Add the bacon and cook slowly to render its fat, about 4 to 5 minutes. Discard the particles with a slotted spoon, leaving the bacon fat in the pan. Reduce the heat to low, add the shallot

and garlic, and saute until fragrant and slightly caramelized, 2 to 3 minutes.

- Pour in the light soy sauce and rice vinegar. Allow the liquid to deglaze the pan for a moment, and then whisk vigorously to scrape any brown bits from the bottom of the pan.
- Add the hoisin sauce and ketchup, and continue whisking together until well incorporated. Simmer the glaze for 2 to 3 minutes. Stir in the honey, apricot preserves and brown sugar, 1 tablespoon at a time. Simmer for an additional 2 to 3 minutes.
- Add the ginger, whisk and keep simmering for 2 to 3 minutes.
- Whisk in the chili sauce and let the sauce simmer for a final 8 to 10 minutes.
- Remove the pan from heat. Reserve 1/4 cup of the sauce in a separate bowl.
- After the ribs have cooked for 1 hour, begin basting them with the barbecue sauce. Coat them well once every 15 minutes, until the ribs reach an internal temperature registers 165 degrees F on an instant-read thermometer.
- Remove the ribs from the grill to a cutting board and let rest, tented with aluminum foil for 5 minutes. Slice the ribs between each bone and arrange them on a serving dish.
- Drizzle with the reserved glaze and garnish with the chopped green onions.
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

## Nutrition Facts

 **PROTEIN 27.5%**  **FAT 54.13%**  **CARBS 18.37%**

## Properties

Glycemic Index:57.32, Glycemic Load:5.26, Inflammation Score:-6, Nutrition Score:37.387391142223%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## Nutrients (% of daily need)

Calories: 863.16kcal (43.16%), Fat: 53.22g (81.88%), Saturated Fat: 17.74g (110.87%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 37.09g (13.49%), Sugar: 25.01g (27.79%), Cholesterol: 201.68mg (67.22%), Sodium:

1342.52mg (58.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.83g (121.66%), Selenium: 90.73µg (129.61%), Vitamin B3: 21.14mg (105.71%), Vitamin B1: 1.41mg (93.75%), Vitamin B6: 1.44mg (72.2%), Vitamin B2: 1.01mg (59.14%), Zinc: 8.54mg (56.92%), Phosphorus: 568.08mg (56.81%), Iron: 10.2mg (56.69%), Potassium: 1151.98mg (32.91%), Manganese: 0.63mg (31.27%), Vitamin B12: 1.63µg (27.21%), Vitamin B5: 2.63mg (26.25%), Copper: 0.51mg (25.6%), Calcium: 237.82mg (23.78%), Magnesium: 92.59mg (23.15%), Vitamin D: 3.15µg (21.03%), Fiber: 3.54g (14.14%), Vitamin K: 13.18µg (12.55%), Vitamin C: 7.85mg (9.51%), Vitamin E: 1.11mg (7.38%), Vitamin A: 323.12IU (6.46%), Folate: 12.64µg (3.16%)