



Sweet-and-Spicy Baby Back Ribs

READY IN



110 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound baby back pork ribs
- 0.5 cup beer lager-style
- 1 tablespoon chipotle chile powder
- 8 cloves garlic thinly sliced
- 1 juice of lemon
- 6 servings kosher salt and pepper freshly ground
- 2 tablespoons brown sugar light packed
- 0.3 cup rice vinegar (not seasoned)
- 1 cup thai chile sauce sweet (such as Mae Ploy)

- 4 tablespoons butter unsalted

Equipment

- frying pan
- sauce pan
- oven
- knife
- roasting pan
- aluminum foil
- cutting board

Directions

- Preheat the oven to 325 degrees F.
- Put the ribs meat-side down on a cutting board. Insert a paring knife between the membrane and the bones on one end of each rack, then loosen the membrane and pull it off. Rub the ribs with the lemon juice and sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon pepper.
- Place the ribs bone-side down in a large roasting pan, then add the beer. Cover tightly with foil, transfer to the oven and roast until the meat pulls away from the bone, about 1 hour.
- Meanwhile, make the sauce: Melt the butter in a medium saucepan over medium-high heat; add the garlic and cook, stirring occasionally, until slightly golden, about 2 minutes.
- Add the chile powder and cook 1 minute. Stir in the chile sauce, brown sugar, vinegar and 1 cup water and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until the sauce is thickened and reduced by half, about 40 minutes.
- Remove the ribs from the oven; increase the temperature to 400 degrees F. Uncover the pan; carefully pour out the cooking liquid. Stir 1/4 cup cooking liquid into the sauce, then discard the rest of the liquid. Generously brush the ribs with the sauce. Return the pan to the oven and continue roasting, uncovered, until the ribs are golden brown and tender, about 35 minutes.
- Transfer the ribs to a cutting board and slice, then return to the roasting pan.
- Pour the remaining sauce on top and toss. Photograph by Anna Williams

Nutrition Facts



PROTEIN 26.14% FAT 64.3% CARBS 9.56%

Properties

Glycemic Index:20.08, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:20.40782581205%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 438.35kcal (21.92%), Fat: 31.09g (47.83%), Saturated Fat: 13.1g (81.9%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 9.21g (3.35%), Sugar: 6.35g (7.06%), Cholesterol: 118.65mg (39.55%), Sodium: 325.91mg (14.17%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 28.44g (56.88%), Vitamin C: 63.81mg (77.34%), Selenium: 44.89µg (64.13%), Vitamin B3: 10.06mg (50.3%), Vitamin B1: 0.69mg (45.74%), Vitamin B6: 0.74mg (36.77%), Vitamin B2: 0.47mg (27.74%), Zinc: 3.77mg (25.11%), Phosphorus: 243.78mg (24.38%), Vitamin B12: 0.82µg (13.67%), Potassium: 472.3mg (13.49%), Vitamin B5: 1.24mg (12.38%), Vitamin D: 1.71µg (11.41%), Vitamin A: 560.08IU (11.2%), Copper: 0.19mg (9.58%), Iron: 1.5mg (8.32%), Magnesium: 32.28mg (8.07%), Manganese: 0.15mg (7.55%), Calcium: 63.65mg (6.36%), Vitamin E: 0.74mg (4.95%), Fiber: 1.18g (4.71%), Vitamin K: 4.3µg (4.09%), Folate: 8.37µg (2.09%)