



## Sweet-and-Spicy Fall-Off-the-Bone Ribs

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



2

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb baby back ribs
- 1 serving salt and pepper
- 1 tablespoon olive oil
- 0.3 cup onion red finely chopped
- 0.5 teaspoon ground cumin
- 0.5 cup catsup
- 2 tablespoons brown sugar light packed
- 1 tablespoon sriracha

- 1 tablespoon apple cider vinegar

## Equipment

- sauce pan
- oven
- knife
- roasting pan
- aluminum foil
- kitchen towels
- cutting board

## Directions

- Heat oven to 275°F.
- Place ribs meat side down on cutting board. Locate thin membrane covering rack. This membrane can be tough when cooked. To remove, use knife to gently slide under membrane then using fingers, pull membrane away from bones. If slippery or difficult to remove, use kitchen towel to take hold of membrane and pull.
- Season both sides of ribs with salt and pepper; place in large roasting pan. (It may be necessary to cut ribs in half in order for them to fit into pan). Cover with 2 sheets of foil.
- Roast 3 hours 30 minutes to 4 hours or until pork falls easily from bones.
- To make barbecue sauce, in 2-quart saucepan, heat oil over medium heat.
- Add onion; cook and stir until translucent. Stir in cumin.
- Add ketchup, brown sugar, Sriracha sauce and vinegar; stir to combine. Season sauce with salt. Cook 2 minutes. Set aside.
- Remove ribs from oven; uncover. Generously brush both sides of ribs with barbecue sauce.
- Move oven rack to top rack position in oven; set oven control to broil. Broil ribs 3 to 4 minutes or just until sauce begins to caramelize.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:31.392173953678%

## 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

## Nutrients (% of daily need)

Calories: 820.35kcal (41.02%), Fat: 53.88g (82.89%), Saturated Fat: 17.52g (109.5%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 29.89g (10.87%), Sugar: 25.39g (28.21%), Cholesterol: 197.18mg (65.73%), Sodium: 1067.02mg (46.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.48g (110.95%), Selenium: 88.43µg (126.32%), Vitamin B3: 20.3mg (101.49%), Vitamin B1: 1.33mg (88.48%), Vitamin B6: 1.34mg (67.1%), Vitamin B2: 0.98mg (57.86%), Zinc: 7.43mg (49.55%), Phosphorus: 465.77mg (46.58%), Potassium: 943.46mg (26.96%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.41mg (24.13%), Vitamin D: 3.14µg (20.96%), Vitamin E: 2.6mg (17.32%), Copper: 0.33mg (16.57%), Iron: 2.93mg (16.26%), Magnesium: 59.13mg (14.78%), Calcium: 117.98mg (11.8%), Vitamin C: 8.84mg (10.72%), Vitamin A: 387.95IU (7.76%), Manganese: 0.15mg (7.73%), Vitamin K: 6.28µg (5.98%), Folate: 9.76µg (2.44%), Fiber: 0.59g (2.37%)