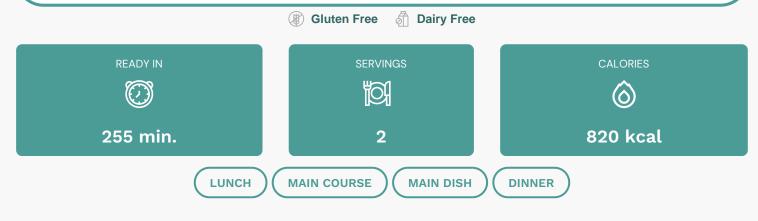


Sweet-and-Spicy Fall-Off-the-Bone Ribs



Ingredients

Trablespoort apple cider viriegal
0.5 teaspoon ground cumin
0.5 cup catsup
2 tablespoons brown sugar light packed
1 tablespoon olive oil
2 lb baby back ribs
0.3 cup onion red finely chopped
2 servings salt and pepper

	1 tablespoon sriracha	
Equipment		
	sauce pan	
	oven	
	knife	
	roasting pan	
	aluminum foil	
	kitchen towels	
	cutting board	
Di	rections	
	Heat oven to 275F.	
	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		
PROTEIN 26.78% FAT 58.51% CARBS 14.71%		

Properties

Glycemic Index:36, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:31.393043518066%

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, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 1mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Myricetin: 0.01mg, 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: 1163.91mg (50.6%), Alcohol: Og (100%), Alcohol %: O% (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: 943.48mg (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 (16.27%), Magnesium: 59.14mg (14.78%), Calcium: 118.04mg (11.8%), Vitamin C: 8.84mg (10.72%), Vitamin A: 387.95IU (7.76%), Manganese: 0.15mg (7.74%), Vitamin K: 6.28µg (5.98%), Folate: 9.76µg (2.44%), Fiber: 0.59g (2.37%)