



# Sweet and Sticky Oven-Barbecued Pork Back Ribs

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

READY IN



45 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pounds pork back ribs fat trimmed
- 2 tablespoons ginger fresh minced
- 2 teaspoons rosemary leaves dried fresh crumbled chopped
- 3 cloves garlic minced pressed peeled
- 0.3 cup honey
- 1 tablespoon juice of lemon
- 0.8 cup orange marmalade

- 0.3 teaspoon pepper
- 0.5 cup pineapple juice
- 0.8 cup soya sauce

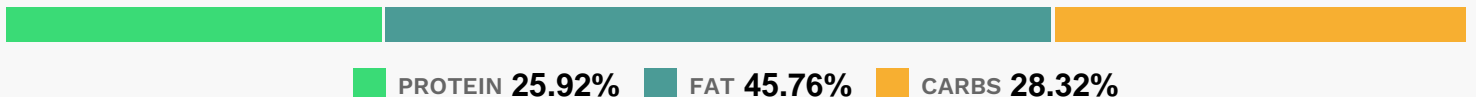
## Equipment

- bowl
- frying pan
- oven
- aluminum foil

## Directions

- In a bowl, mix soy sauce, orange marmalade, pineapple juice, honey, garlic, ginger, lemon juice, rosemary, and pepper.
- Rinse ribs, pat dry, and place half in each of 2 plastic food bags (1-gal. size).
- Pour half the soy sauce mixture into each bag; seal bags, turn to coat ribs with marinade, and set in a large bowl. Chill at least 2 hours or up to 1 day, turning occasionally.
- Line a rimmed pan (11 by 17 in. or 12 by 15 in.) with foil (the drippings char). Set a rack in pan. Lift ribs from marinade and arrange in a single layer, edges curving down, on rack.
- Pour marinade into a bowl.
- Bake ribs in a 350 regular or convection oven, basting with marinade every 20 minutes for the first hour, until meat is well browned and pulls easily from bones, about 1 1/4 hours total.
- Transfer ribs to a platter and cut apart between bones.

## Nutrition Facts



## Properties

Glycemic Index:31.71, Glycemic Load:7.63, Inflammation Score:-3, Nutrition Score:22.380869713166%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 600.81kcal (30.04%), Fat: 31.2g (48%), Saturated Fat: 11.03g (68.94%), Carbohydrates: 43.45g (14.48%), Net Carbohydrates: 42.76g (15.55%), Sugar: 38.17g (42.41%), Cholesterol: 131.45mg (43.82%), Sodium: 1809.65mg (78.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.77g (79.53%), Selenium: 59.33µg (84.75%), Vitamin B3: 14.16mg (70.82%), Vitamin B1: 0.91mg (60.36%), Vitamin B6: 0.92mg (45.82%), Vitamin B2: 0.65mg (38.1%), Phosphorus: 338.26mg (33.83%), Zinc: 5.06mg (33.73%), Vitamin B12: 1.07µg (17.78%), Vitamin B5: 1.71mg (17.12%), Potassium: 599.35mg (17.12%), Manganese: 0.32mg (16%), Vitamin D: 2.1µg (13.97%), Copper: 0.28mg (13.93%), Iron: 2.37mg (13.17%), Magnesium: 47.23mg (11.81%), Calcium: 87.18mg (8.72%), Vitamin C: 5.52mg (6.69%), Folate: 13.49µg (3.37%), Vitamin E: 0.5mg (3.31%), Fiber: 0.69g (2.76%), Vitamin A: 69.41IU (1.39%)