What She Ate

Sweet and Sticky Pork Ribs

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
ready	servings	calories
180 min.	6	781 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- [ ] 0.5 cup apple cider vinegar
- [ ] 1 cup balsamic vinegar
- [ ] 1 tablespoon balsamic vinegar
- [ ] 0.5 teaspoon cayenne pepper
- [ ] 1 tablespoon brown sugar dark packed
- [ ] 1 tablespoon rosemary fresh chopped
- [ ] 4 cloves garlic minced
- [ ] 0.3 cup honey

- [ ] 1.5 teaspoons hot sauce
- [ ] 1 cup catsup
- [ ] 0.3 teaspoon kosher salt
- [ ] 1.5 teaspoons kosher salt
- [ ] 1 tablespoon blackstrap molasses
- [ ] 3 pounds pork spareribs
- [ ] 2 tablespoons grain mustard whole
- [ ] 2 teaspoons worcestershire sauce

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] whisk
- [ ] roasting pan
- [ ] aluminum foil

Directions

- [ ] Watch how to make this recipe.
- [ ] Place the ribs in a roasting pan, cutting the racks in half to fit if necessary.
- [ ] Combine the garlic, rosemary, brown sugar, balsamic vinegar, salt and cayenne in a small bowl, and rub the mixture evenly all over the ribs. Allow the ribs to marinate in the refrigerator for at least 1 hour and up to 4 hours.
- [ ] Place a rack in the center of the oven and preheat the oven to 425 degrees F.
- [ ] Pour 1/2 cup water into the roasting pan and cover the pan tightly with aluminum foil. Roast the ribs until the meat is very tender and separate easily from the bone, about 1 1/2 hours. While the ribs are roasting make the BBQ sauce.
- [ ] Place the balsamic vinegar in a medium saucepan over medium-high heat. Bring to a boil then lower the heat to medium and cook the vinegar until it is reduced by a third, about 8 minutes.

- [ ] Whisk in the ketchup, apple cider vinegar, honey, mustard, molasses, Worcestershire, hot sauce and salt. Bring the the sauce back to a boil then lower the heat and simmer until thickened, 15 to 20 minutes, stirring occasionally.
- [ ] Remove from the heat and let cool to room temperature.
- [ ] To finish, remove the ribs from the oven and transfer to 2 aluminum-foil-lined baking sheets. Increase the oven temperature to 450 degrees F.
- [ ] Brush both sides of the ribs generously with the BBQ sauce and bake uncovered for 10 minutes, until the sauce is browned and sizzling. Allow the ribs to rest for 10 minutes before slicing.

Nutrition Facts

PROTEIN **18.77%** FAT **62.32%** CARBS **18.91%**

Properties

Glycemic Index:55.05, Glycemic Load:11.3, Inflammation Score:-4, Nutrition Score:23.743478417397%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 781.41kcal (39.07%), Fat: 53.34g (82.07%), Saturated Fat: 17.11g (106.95%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 35.92g (13.06%), Sugar: 31.7g (35.22%), Cholesterol: 181.44mg (60.48%), Sodium: 1346.42mg (58.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.14g (72.29%), Selenium: 52.94µg (75.62%), Vitamin B6: 1.43mg (71.33%), Vitamin B3: 11.27mg (56.36%), Vitamin B1: 0.75mg (49.67%), Zinc: 5.89mg (39.28%), Vitamin B2: 0.65mg (38.36%), Phosphorus: 352.51mg (35.25%), Vitamin D: 5.22µg (34.78%), Potassium: 823.73mg (23.54%), Iron: 3.07mg (17.03%), Vitamin B5: 1.51mg (15.06%), Magnesium: 60.22mg (15.05%), Manganese: 0.3mg (14.88%), Vitamin B12: 0.86µg (14.36%), Copper: 0.27mg (13.36%), Vitamin E: 1.49mg (9.97%), Calcium: 73.66mg (7.37%), Vitamin A: 291.23IU (5.82%), Vitamin C: 3.56mg (4.32%), Fiber: 0.5g (2%), Vitamin K: 1.49µg (1.42%), Folate: 5.07µg (1.27%)