



Sweet Chipotle Glazed Baby Back Ribs



Vegetarian



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup chipotle chilies in adobo canned minced ()
- ☐ 0.5 cup canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 4 servings coarse salt and ground pepper black
- ☐ 2 clove garlic cloves peeled roughly chopped (and)
- ☐ 0.5 cup honey divided ()
- ☐ 0.3 cup juice of lime
- ☐ 4 servings lime wedges for serving

- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings chili rub homemade to taste (see recipes)
- ☐ 0.3 cup soya sauce
- ☐ 4 servings vegetable oil for grates
- ☐ 0.3 cup powder coarsely ground

Equipment

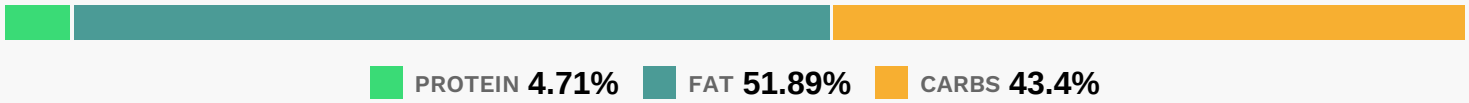
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 400 degrees. In the bowl of a food processor combine chipotles, rice vinegar, soy sauce, ¼-cup honey, mustard seeds, garlic, shallots, cilantro, lime juice, red pepper flakes, 3 tablespoons salt, and 2 teaspoons black pepper. With the machine running drizzle the canola oil in a slow steady stream. Process until a smooth sauce is formed.
- ☐ Place a large double layer of aluminum foil or parchment paper on a large rimmed baking sheet.
- ☐ Place ribs on top, centered. Rub plenty of the homemade chili powder onto both sides of each rack. Then rub both racks with sweet chipotle sauce. Wrap ribs tightly in the foil or parchment (tie closed with kitchen twine if using parchment).
- ☐ Bake the ribs on the baking sheet until meat is quite tender, about 2 hours.
- ☐ Heat grill to medium-high; and lightly oil hot grates.
- ☐ Remove ribs from the parchment pouch, letting extra sauce drip off.

- ☐
- Brush ribs with the remaining ¼-cup honey and grill them until lightly charred. About 3minutes per side.
- ☐
- Cut between bones to separate ribs and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:60.82, Glycemic Load:18.49, Inflammation Score:-4, Nutrition Score:10.851304334143%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 390.78kcal (19.54%), Fat: 23.66g (36.4%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 41.11g (14.95%), Sugar: 37.12g (41.24%), Cholesterol: 0mg (0%), Sodium: 817.16mg (35.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 49.94µg (47.56%), Selenium: 23.06µg (32.94%), Manganese: 0.56mg (27.96%), Vitamin E: 2.8mg (18.67%), Iron: 2.66mg (14.8%), Fiber: 3.42g (13.67%), Magnesium: 52.86mg (13.22%), Phosphorus: 118.18mg (11.82%), Vitamin C: 6.77mg (8.21%), Vitamin B1: 0.11mg (7.17%), Vitamin B6: 0.14mg (6.85%), Copper: 0.14mg (6.76%), Folate: 25.74µg (6.43%), Vitamin B3: 1.25mg (6.24%), Calcium: 61.27mg (6.13%), Zinc: 0.91mg (6.05%), Potassium: 178.89mg (5.11%), Vitamin B2: 0.08mg (4.52%), Vitamin A: 169.96IU (3.4%), Vitamin B5: 0.21mg (2.07%)