



Sweet-Tea Ribs with Lemony Potato Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



150 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds baby back ribs
- 6 bags freshly tea black (any kind)
- 1 tablespoon parsley fresh chopped
- 6 servings kosher salt and pepper freshly ground
- 1 optional: lemon
- 0.3 cup brown sugar light packed
- 0.5 cup mayonnaise
- 1 cranberry-orange relish

- 2 pounds russet potatoes peeled cut into 3/4-inch chunks

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- roasting pan
- aluminum foil

Directions

- Empty 3 tea bags into a bowl and combine the loose tea with 1/4 cup brown sugar, 2 teaspoons salt and 1/4 teaspoon pepper. Grate in the orange zest. Pat the ribs dry and trim the membrane from the underside. Rub the tea mixture over the ribs; place in a roasting pan, meat-side up, and bring to room temperature, about 20 minutes.
- Preheat the oven to 275 degrees F. Steep the remaining 3 tea bags in 2 cups boiling water, about 5 minutes. Discard the bags and stir in the remaining 2 tablespoons brown sugar and the juice of half the orange.
- Pour the mixture around the ribs in the pan. Cover with foil and roast until tender, about 1 hour 30 minutes.
- Meanwhile, put the potatoes in a pot of salted water; bring to a simmer and cook until tender, about 5 minutes.
- Drain and cool slightly.
- Mix the mayonnaise and parsley in a large bowl. Grate in the zest of half the lemon; add the juice of the lemon half. Fold in the potatoes and add 1 1/2 teaspoons salt, and pepper to taste; refrigerate until ready to serve.
- Remove the ribs from the oven and increase the temperature to 45
- Pour the cooking liquid into a saucepan and bring to a simmer over medium-high heat. Baste the ribs with some of the liquid, then return to the oven and cook, uncovered, basting a few times, until the ribs are dark and glazed, 20 to 30 minutes.
- When the remaining liquid in the saucepan is syrupy, add lemon juice to taste.

- Brush the ribs with the glaze.
- Cut the racks into pieces and serve with the potato salad.
- Photograph by Stephanie Foley

Nutrition Facts

PROTEIN 16.98%

FAT 51.6%

CARBS 31.42%

Properties

Glycemic Index:39.13, Glycemic Load:22.72, Inflammation Score:-5, Nutrition Score:20.084782413814%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 10.97mg, Hesperetin: 10.97mg, Hesperetin: 10.97mg, Hesperetin: 10.97mg Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 510.31kcal (25.52%), Fat: 29.72g (45.73%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 37.7g (13.71%), Sugar: 12.43g (13.81%), Cholesterol: 73.57mg (24.52%), Sodium: 406.08mg (17.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.01g (44.03%), Vitamin B6: 0.96mg (47.85%), Selenium: 30.57µg (43.67%), Vitamin K: 44.08µg (41.98%), Vitamin B3: 8.12mg (40.59%), Vitamin B1: 0.59mg (39.2%), Vitamin C: 30.66mg (37.16%), Potassium: 950.16mg (27.15%), Phosphorus: 240.47mg (24.05%), Vitamin B2: 0.36mg (21.01%), Zinc: 2.92mg (19.48%), Magnesium: 55.02mg (13.75%), Vitamin B5: 1.37mg (13.7%), Copper: 0.27mg (13.4%), Manganese: 0.27mg (13.34%), Iron: 2.3mg (12.79%), Fiber: 3.02g (12.06%), Vitamin B12: 0.56µg (9.26%), Folate: 31.79µg (7.95%), Calcium: 72.74mg (7.27%), Vitamin D: 1.09µg (7.23%), Vitamin E: 0.93mg (6.18%), Vitamin A: 143.85IU (2.88%)