



Tamarind Glazed Baby Back Ribs

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 aji panca fresh hot cooled peeled seeded
- 4 servings pepper black freshly ground
- 4 garlic cloves roughly chopped
- 0.3 cup juice of lemon (1 lemon)
- 2 tablespoons brown sugar dark light
- 0.5 cup orange juice fresh ()
- 4 pounds pork baby back ribs
- 4 servings salt

- 0.5 cup tamarind paste
- 2 tablespoons worcestershire sauce

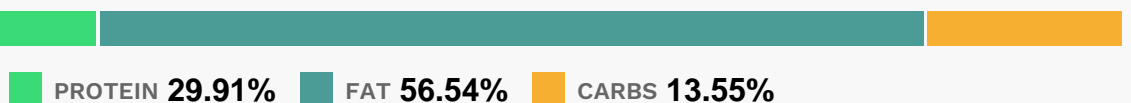
Equipment

- baking sheet
- oven
- blender
- baking pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat your oven to 300 degrees F.
- Sprinkle the ribs with salt and pepper and place them meaty-side up on an aluminum foil-lined rimmed baking sheet or shallow baking dish. Roast for 30 minutes and then drain off any accumulated fat from the baking sheet. Turn the ribs over and increase the oven temperature to 400 degrees F. Return them to the oven for an additional 30 minutes.
- While the ribs cook, make the glaze.
- Drain the aji panca and place it in a blender along with the tamarind paste, brown sugar, Worcestershire sauce, lemon juice, orange juice and garlic. Puree to make a thick paste, scraping the jar as necessary. Set aside 1/4 of the glaze for serving.
- After the ribs have cooked at 400 degrees F for 30 minutes, begin basting them with the glaze every 15 minutes until the ribs are tender, about 1 hour, turning the ribs meaty side up again after 30 minutes.
- Remove the ribs from the oven, brush with the reserved glaze and serve.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:7.71, Inflammation Score:-7, Nutrition Score:35.753043195476%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 740.35kcal (37.02%), Fat: 46.99g (72.29%), Saturated Fat: 16.62g (103.88%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 23.35g (8.49%), Sugar: 17.07g (18.96%), Cholesterol: 197.18mg (65.73%), Sodium: 561.61mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.92g (111.85%), Selenium: 88.52µg (126.46%), Vitamin B3: 20.17mg (100.85%), Vitamin B1: 1.45mg (96.59%), Vitamin C: 73.77mg (89.42%), Vitamin B6: 1.41mg (70.54%), Vitamin B2: 0.94mg (55.17%), Zinc: 7.43mg (49.54%), Phosphorus: 485.91mg (48.59%), Potassium: 1076.48mg (30.76%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.53mg (25.31%), Vitamin D: 3.14µg (20.96%), Iron: 3.43mg (19.04%), Magnesium: 72.67mg (18.17%), Copper: 0.36mg (17.97%), Calcium: 130.33mg (13.03%), Manganese: 0.17mg (8.47%), Fiber: 1.99g (7.95%), Vitamin A: 358.27IU (7.17%), Vitamin E: 0.97mg (6.49%), Folate: 22.26µg (5.57%), Vitamin K: 5.15µg (4.91%)