



## Tomatillo Glazed Baby Back Ribs

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

READY IN



290 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon pepper black freshly ground
- 3 tablespoons duck fat
- 1 large bunch cilantro leaves fresh roughly chopped
- 10 cloves garlic chopped
- 3 tablespoons ground cumin
- 2 tablespoons maple syrup
- 1 small onion diced
- 4 pounds pork baby back ribs

- 2 tablespoons salt
- 4 servings salt and pepper black freshly ground
- 3 serrano chiles sliced
- 10 tomatillos washed and roughly chopped husked
- 3 tablespoons a combination of the three hot
- 3 tablespoons a combination of the three hot

## Equipment

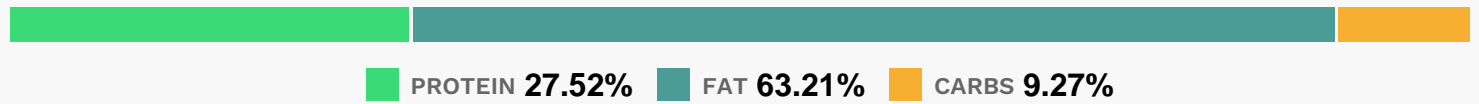
- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- baking pan
- grill
- aluminum foil
- immersion blender

## Directions

- Watch how to make this recipe.
- Combine the paprika, cumin, salt and pepper in a small bowl. Pat the spice mixture all over the ribs. Cover with plastic wrap and refrigerate 2 to 4 hours or overnight.
- Preheat the oven to 300 degrees F, or 250 degrees F with fan on in a convection oven.
- Place ribs in a single layer in a baking pan and pour in water to a depth of about 1/2-inch.
- Bake, covered with foil, for 45 to 60 minutes in the oven (or on a grill with the lid closed). Uncover and bake until the meat is tender and beginning to pull away from the bones, an additional 45 to 60 minutes.
- Remove the ribs from the pan and reserve the pan juices to add to tomatillo glaze.
- Meanwhile, make the tomatillo glaze: In a large saucepan over medium-high heat, saute the onions in the duck fat until golden.

- Add the garlic, tomatillos and serrano chiles and cook, stirring frequently, until the mixture thickens, 30 to 45 minutes.
- Add the reserved rib pan juices and cilantro and cook an additional 10 minutes. Puree with an immersion blender and add the maple syrup. Cook over low heat for 10 minutes, stirring constantly and being careful not to burn. Season with salt and pepper.
- Turn the oven heat up to 450 degrees F, or preheat the grill. If finishing the ribs in the oven, brush generously with the glaze and bake another 10 minutes per side, basting with the glaze every 2 to 3 minutes. To grill, generously glaze the ribs and grill 5 minutes per side, frequently brushing with additional glaze.
- Cut the ribs apart and serve hot with extra glaze on the side.

## Nutrition Facts



### Properties

Glycemic Index:48.63, Glycemic Load:3.8, Inflammation Score:-6, Nutrition Score:37.094347953796%

### Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

### Nutrients (% of daily need)

Calories: 819.95kcal (41%), Fat: 58.25g (89.62%), Saturated Fat: 19.94g (124.62%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 16.04g (5.83%), Sugar: 10.45g (11.61%), Cholesterol: 206.78mg (68.93%), Sodium: 3749.81mg (163.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.07g (114.14%), Selenium: 89.68µg (128.12%), Vitamin B3: 21.33mg (106.66%), Vitamin B1: 1.41mg (93.78%), Vitamin B6: 1.42mg (70.87%), Vitamin B2: 1.07mg (62.69%), Zinc: 7.9mg (52.65%), Phosphorus: 517.52mg (51.75%), Manganese: 0.91mg (45.54%), Iron: 6.12mg (34%), Potassium: 1138.35mg (32.52%), Vitamin B12: 1.6µg (26.67%), Vitamin B5: 2.57mg (25.74%), Vitamin D: 3.6µg (24.03%), Magnesium: 89.25mg (22.31%), Copper: 0.43mg (21.49%), Vitamin C: 16.49mg (19.98%), Calcium: 176.01mg (17.6%), Vitamin K: 18.38µg (17.5%), Fiber: 3.17g (12.68%), Vitamin E: 1.53mg (10.17%), Vitamin A: 403.82IU (8.08%), Folate: 12.5µg (3.12%)