



Tropical Glazed Ribs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds baby back pork ribs
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon ginger & garlic minced
- ☐ 0.5 cup pineapple preserves
- ☐ 0.5 cup roasted garlic divided
- ☐ 0.5 cup soya sauce

Equipment

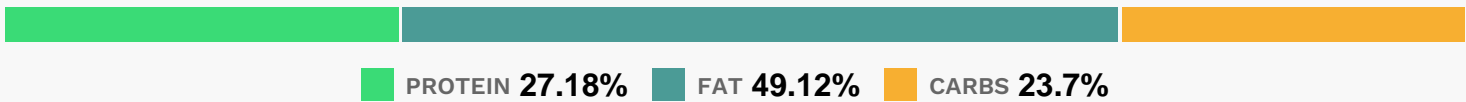
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut meat into individual ribs.
- ☐ Place in a large resealable plastic bag.
- ☐ Combine 1/2 cup rice vinegar, soy sauce, brown sugar, ginger and garlic; mix well and pour over ribs. Close bag securely, turning to coat. Refrigerate 4 hours, turning halfway through.
- ☐ In a small bowl, combine remaining 2 tablespoons rice vinegar and jam. Reserve 1/4 cup for a dipping sauce, if desired. Preheat oven to 42
- ☐ Drain ribs and discard marinade.
- ☐ Place a rack on a foil-lined roasting pan or baking sheet. Arrange ribs, meaty side down, on rack; baste with jam mixture.
- ☐ Bake in upper portion of oven 20 minutes. Turn ribs over; baste liberally. Continue to bake 15 minutes or until well browned. Discard any remaining sauce used for basting.
- ☐ Serve ribs with reserved dipping sauce.
- ☐ Total preparation and cook time: 45 minutes (does not include marinating time)
- ☐ Tip: Ribs may be grilled over indirect heat.
- ☐ Per serving (main dish): 874 calories; 51g protein; 29g carbohydrate; 61g fat; 242mg cholesterol; 732mg sodium

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:16.06, Inflammation Score:-3, Nutrition Score:27.263043097828%

Nutrients (% of daily need)

Calories: 756.13kcal (37.81%), Fat: 40.89g (62.91%), Saturated Fat: 14.47g (90.42%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 43.7g (15.89%), Sugar: 34.46g (38.28%), Cholesterol: 172.53mg (57.51%), Sodium: 1856.81mg (80.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.9g (101.81%), Selenium: 78.17µg (111.67%), Vitamin B3: 18.12mg (90.6%), Vitamin B1: 1.17mg (77.77%), Vitamin B6: 1.13mg (56.37%), Vitamin B2: 0.84mg (49.35%), Zinc: 6.51mg (43.39%), Phosphorus: 432.67mg (43.27%), Vitamin B12: 1.4µg (23.34%), Vitamin B5: 2.18mg (21.81%), Potassium: 730.74mg (20.88%), Vitamin D: 2.75µg (18.34%), Iron: 2.91mg (16.14%), Copper: 0.32mg (15.88%), Magnesium: 54.86mg (13.72%), Calcium: 105.14mg (10.51%), Manganese: 0.21mg (10.4%), Vitamin C: 3.74mg (4.53%), Vitamin E: 0.65mg (4.34%), Fiber: 0.7g (2.8%), Folate: 10.03µg (2.51%), Vitamin A: 55.01IU (1.1%)