



Vinegar and Spice Oven-Baked Ribs

 Gluten Free  Dairy Free

READY IN



875 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds baby back ribs
- 1 tablespoon pepper black freshly ground
- 0.3 cup apple cider vinegar
- 1 cup t brown sugar dark packed
- 6 medium garlic clove finely chopped
- 3 tablespoons kosher salt
- 0.3 cup lemon zest finely grated (from 4 medium lemons)
- 2 tablespoons paprika

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- aluminum foil

Directions

- Place all the ingredients except the ribs in a medium bowl and whisk to combine; set aside. Line a rimmed baking sheet with aluminum foil.
- Place the ribs on the baking sheet bone-side up and evenly coat with half of the marinade. Flip the ribs and evenly coat with the remaining half of the marinade. Cover tightly with more aluminum foil and refrigerate overnight. The next day, heat the oven to 325°F and arrange a rack in the middle.
- Remove the ribs from the refrigerator and let them sit at room temperature while the oven is heating, at least 20 minutes.
- Bake covered for 1 hour. Uncover and continue baking until the ribs are knife tender, about 1 hour more.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:27.745652180651%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 690.99kcal (34.55%), Fat: 39.25g (60.38%), Saturated Fat: 13.84g (86.5%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 38.07g (13.84%), Sugar: 36.06g (40.07%), Cholesterol: 164.31mg (54.77%), Sodium: 3708.87mg (161.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.14g (92.28%), Selenium: 74.22µg (106.03%), Vitamin B3: 16.46mg (82.3%), Vitamin B1: 1.11mg (73.7%), Vitamin B6: 1.12mg (55.85%), Vitamin B2: 0.76mg (44.9%), Zinc: 6.23mg (41.54%), Phosphorus: 383.23mg (38.32%), Vitamin A: 1209.39IU (24.19%), Vitamin B12: 1.33µg (22.23%), Vitamin B5: 2.1mg (21%), Potassium: 732.3mg (20.92%), Vitamin D: 2.62µg (17.46%), Iron: 2.8mg (15.55%), Manganese: 0.3mg (14.97%), Copper: 0.28mg (14.01%), Calcium: 127.91mg (12.79%), Magnesium: 49.37mg (12.34%), Vitamin E: 1.27mg (8.49%), Vitamin C: 6.12mg (7.41%), Fiber: 1.55g (6.22%), Vitamin K: 3.56µg (3.39%)