



## Vinegar Brined Baby Back Ribs

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

READY IN



252 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider vinegar
- 2 tablespoons apple cider vinegar
- 3 pounds baby back ribs skinless cut in 1/2
- 0.5 bottle beer
- 1 tablespoon garlic minced
- 10 garlic cloves smashed
- 1 tablespoon ginger minced
- 2 tablespoons kosher salt

- 3 tablespoons blackstrap molasses
- 1 tablespoon olive oil
- 2 tablespoons freshly cracked pepper black
- 2 cups raspberries frozen
- 0.3 cup raspberry jam seedless
- 1 tablespoon serrano chiles minced
- 4 cups water
- 0.5 cup onion yellow
- 1 onion yellow peeled quartered

## Equipment

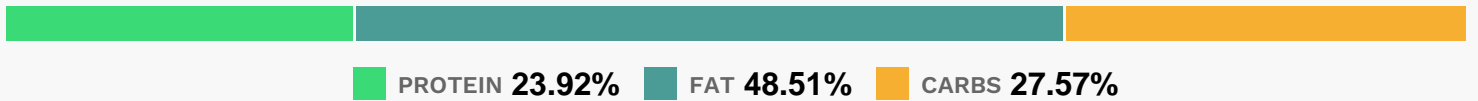
- bowl
- frying pan
- sauce pan
- oven
- sieve
- roasting pan
- grill
- aluminum foil
- immersion blender
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat an indoor or outdoor grill to high.
- Preheat the oven to 400 degrees F.
- In a large resealable bag or nonreactive container; combine the vinegar, water, 1 tablespoon of the salt and 1 tablespoon of the pepper, 4 of the garlic cloves and the ribs.
- Let sit at room temperature for 15 minutes only.

- Remove the ribs from the brine and season both sides with the remaining salt and pepper. Sear the ribs on an indoor grill or outdoor if available, until lightly browned.
- In a large roasting pan, fitted with a rack, arrange the ribs on the rack and pour in half of the beer. Drink or discard the remaining beer.
- Add the onion and remaining garlic cloves. Cover the pan tightly with aluminum foil and put into the hot oven. Reduce the heat to 300 and roast for 1 1/2 hours.
- Remove the foil and baste the ribs with the BBQ Sauce. Roast for 7 minutes, then turn the ribs over, baste again and roast for another 7 minutes.
- Remove the ribs from the oven to a cutting board and slice between the ribs. Arrange on a serving platter and serve.
- In a medium saucepan over medium-high heat, add the olive oil. When the oil is hot, add the onion and serrano and cook until the onion is translucent. Stir in the garlic and the ginger and cook for 1 to 2 minutes longer, being cautious not to burn the mixture. Deglaze the pan with the vinegar and then add the raspberries, jam and molasses. Stir to combine, then lower heat and simmer for 15 minutes. Puree with an immersion blender, then strain through a sieve into a bowl or jar, to remove the seeds, pushing the sauce through as much as possible. Can be stored, covered, in the refrigerator for up to a week.

## Nutrition Facts



### Properties

Glycemic Index:67.75, Glycemic Load:12.98, Inflammation Score:-6, Nutrition Score:22.563913101735%

### Flavonoids

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Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 493.44kcal (24.67%), Fat: 26.1g (40.15%), Saturated Fat: 8.65g (54.04%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 29.27g (10.64%), Sugar: 20.11g (22.35%), Cholesterol: 98.59mg (32.86%), Sodium: 2474.38mg (107.58%), Alcohol: 1.11g (100%), Alcohol %: 0.28% (100%), Protein: 28.95g (57.9%), Selenium: 47.5µg (67.85%), Vitamin B3: 10.32mg (51.58%), Manganese: 0.97mg (48.45%), Vitamin B1: 0.71mg (47.02%), Vitamin B6: 0.85mg (42.27%), Vitamin B2: 0.49mg (29.07%), Zinc: 4.04mg (26.94%), Phosphorus: 269.3mg (26.93%), Vitamin C: 17.63mg (21.37%), Potassium: 725.31mg (20.72%), Magnesium: 71.41mg (17.85%), Copper: 0.33mg (16.47%), Fiber: 4.1g (16.4%), Vitamin B5: 1.51mg (15.08%), Iron: 2.45mg (13.62%), Vitamin B12: 0.81µg (13.43%), Calcium: 117.1mg (11.71%), Vitamin D: 1.57µg (10.48%), Vitamin K: 8.32µg (7.93%), Vitamin E: 1.1mg (7.35%), Folate: 19.42µg (4.85%), Vitamin A: 79.87IU (1.6%)