



HEALTH SCORE

58%

Caribbean-Spiced Pork Side Ribs



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



2

CALORIES



1937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 teaspoons ginger root fresh grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 lime zest juiced
- ☐ 1 cup orange juice

- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 rack pork spareribs cut in half
- ☐ 1 teaspoon salt

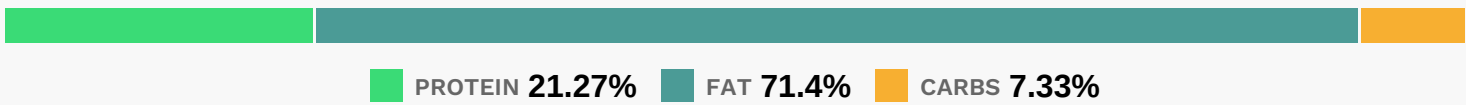
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix together the brown sugar, ginger, cayenne, clove, cinnamon, paprika, oregano, pepper, salt, and lime zest; set aside. Squeeze the limes, and add the juice to the orange juice. Rub the ribs well with the spice mixture.
- ☐ Place into a glass baking dish, and pour in the juice.
- ☐ Cover the dish, and bake in preheated oven for 90 minutes. Uncover, then continue cooking until nicely colored, 20 to 30 minutes more.
- ☐ Brush the ribs with the pan juices a few times while they are cooking.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:8.59, Inflammation Score:-9, Nutrition Score:55.457390743753%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 43.63mg, Hesperetin: 43.63mg, Hesperetin: 43.63mg, Hesperetin: 43.63mg Naringenin: 4.93mg, Naringenin: 4.93mg, Naringenin: 4.93mg, Naringenin: 4.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1936.8kcal (96.84%), Fat: 152.82g (235.1%), Saturated Fat: 49.07g (306.7%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 31.41g (11.42%), Sugar: 23.42g (26.02%), Cholesterol: 520mg (173.33%), Sodium: 1697.59mg (73.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.45g (204.89%), Selenium: 143.81µg (205.45%), Vitamin B6: 3.86mg (193.15%), Vitamin B3: 31.16mg (155.82%), Vitamin B1: 2.21mg (147.62%), Zinc: 16.51mg (110.09%), Vitamin B2: 1.71mg (100.41%), Vitamin D: 14.95µg (99.67%), Vitamin C: 81.84mg (99.2%), Phosphorus: 959.89mg (95.99%), Potassium: 1985.56mg (56.73%), Vitamin B5: 4.53mg (45.29%), Iron: 7.54mg (41.87%), Vitamin B12: 2.47µg (41.17%), Copper: 0.67mg (33.64%), Manganese: 0.67mg (33.32%), Magnesium: 132.86mg (33.21%), Vitamin E: 3.21mg (21.4%), Vitamin A: 907.89IU (18.16%), Calcium: 178.33mg (17.83%), Fiber: 3.86g (15.45%), Folate: 46.46µg (11.61%), Vitamin K: 11.53µg (10.98%)