



Chipotle Grilled Pork Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pork back ribs
- 0.3 cup butter
- 0.3 cup chipotle peppers in adobo sauce
- 1 garlic clove minced
- 1 jalapeno seeded chopped
- 1 cup catsup
- 0.3 cup red wine vinegar
- 1.5 teaspoons salt

- 1 medium size onion sweet chopped
- 1 tablespoon worcestershire sauce

Equipment

- sauce pan
- grill

Directions

- Melt butter in a saucepan over medium-high heat.
- Add onion, garlic, and jalapeno pepper, and saute 2 to 3 minutes or until tender. Stir in ketchup and next 3 ingredients; bring to a boil. Reduce heat, and simmer 20 minutes. Reserve 1/2 cup sauce for dipping, if desired.
- Cut pork ribs into 2 sections, and sprinkle evenly with salt.
- Brush both sides of ribs with sauce.
- Prepare a hot fire by piling charcoal or lava rocks on one side of grill, leaving other side empty. (For gas grills, light only one side.) Coat food rack with cooking spray, and place on grill. Arrange food over empty side (unlit side of gas grill); grill, covered with grill lid, 2 hours, turning and basting every 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:15.758260830589%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 404.84kcal (20.24%), Fat: 27.15g (41.77%), Saturated Fat: 8.47g (52.96%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 16.06g (5.84%), Sugar: 12.33g (13.7%), Cholesterol: 82.16mg (27.39%), Sodium: 1179.25mg (51.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.41%), Selenium: 37.21µg (53.15%), Vitamin B3: 8.77mg (43.84%), Vitamin B1: 0.58mg (38.4%), Vitamin B6: 0.65mg (32.71%), Vitamin B2: 0.45mg (26.47%), Phosphorus: 214.7mg (21.47%), Zinc: 3.18mg (21.22%), Potassium: 510.58mg (14.59%), Vitamin A: 598.2IU (11.96%), Vitamin B12: 0.68µg (11.27%), Vitamin B5: 1.07mg (10.65%), Vitamin C: 7.65mg (9.27%), Copper: 0.18mg (9.15%), Iron: 1.64mg (9.11%), Vitamin D: 1.31µg (8.73%), Vitamin E: 1.26mg (8.4%), Magnesium: 30.76mg (7.69%), Fiber: 1.68g (6.71%), Calcium: 61.96mg (6.2%), Manganese: 0.11mg (5.39%), Folate: 17.25µg (4.31%), Vitamin K: 1.83µg (1.75%)