



Chipotle-Plum BBQ Pork Ribs

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pork back ribs
- 2 tablespoons brown sugar
- 2 tablespoons chipotle in adobo with sauce minced
- 1 teaspoon hot-brewed coffee instant
- 0.5 cup orange juice freshly squeezed
- 0.8 cup plum sauce
- 6 servings salt and pepper black freshly ground

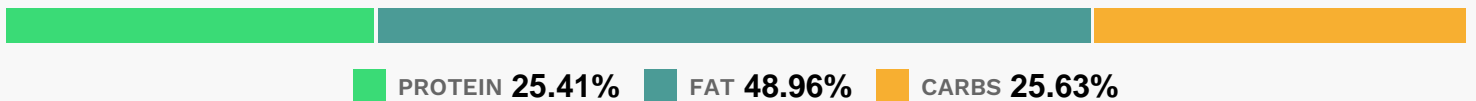
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Mix 1/4 cup hot water with the instant coffee and stir to dissolve. Once, dissolved, combine with the plum sauce, orange juice, chipotle sauce and brown sugar in a small saucepan over medium heat. Bring the sauce to a boil and reduce the heat. Simmer until slightly thickened, about 5 minutes. Season with salt and pepper.
- Coat both sides of the ribs with the sauce, saving 2/3 cup for basting. Arrange the ribs, meaty-side up, in 1 layer in a foil-lined baking sheet. Cover the pan tightly with foil and bake the ribs 1 hour.
- Remove the foil (from the top), baste with the remaining BBQ sauce and bake the ribs 1 hour more.
- Allow the cooked ribs to rest for 10 to 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:13.984347838423%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 365.54kcal (18.28%), Fat: 19.89g (30.59%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 22.58g (8.21%), Sugar: 5.95g (6.61%), Cholesterol: 82.16mg (27.39%), Sodium: 310.16mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.23mg (1.74%), Protein: 23.23g (46.45%), Selenium: 36.8µg (52.57%), Vitamin B3: 8.59mg (42.95%), Vitamin B1: 0.57mg (37.98%), Vitamin B6: 0.54mg (27.12%), Vitamin B2: 0.4mg (23.63%), Zinc: 3.11mg (20.73%), Phosphorus: 196.09mg (19.61%), Vitamin C: 10.52mg (12.76%), Potassium: 446.72mg (12.76%), Vitamin B12: 0.67µg (11.11%), Vitamin B5: 1.04mg (10.43%), Iron: 1.66mg (9.2%), Vitamin D: 1.31µg (8.73%), Copper: 0.15mg (7.53%), Magnesium: 26.98mg (6.74%), Calcium: 47.76mg (4.78%), Manganese: 0.07mg (3.7%), Fiber: 0.83g (3.33%), Folate: 8.54µg (2.14%), Vitamin E: 0.3mg (1.97%), Vitamin A: 84.72IU (1.69%)