



# Cranberry and Orange Juice Spareribs

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

READY IN



210 min.

SERVINGS



4

CALORIES



942 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tsp pepper black
- 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 tsp curry powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 0.3 cup catsup
- 0.5 cup orange juice
- 1 tsp salt

- 0.3 cup soya sauce
- 4 lbs spare ribs
- 0.3 cup vinegar (any kind)
- 0.3 cup water

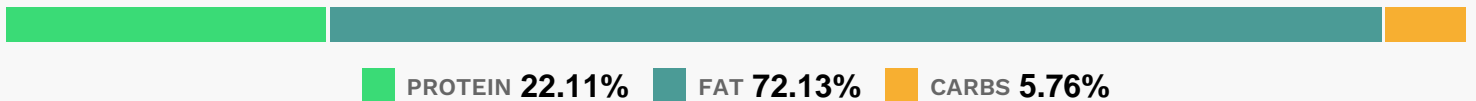
## Equipment

- bowl
- oven
- roasting pan

## Directions

- Combine all of the ingredients for the marinade in a bowl and stir.
- Place ribs in the marinade and refrigerate for at least one hour or more or up to overnight. Preheat oven to 325 degrees F.
- Place the ribs in a roasting pan with the marinade.
- Bake uncovered for 2 – 2 ½ hours or until the ribs are fall off the bone tender. Allow the marinade to evaporate in the cooking process.
- Let the ribs cool slightly; then separate the ribs with a cooking scissor and plate.

## Nutrition Facts



## Properties

Glycemic Index:55, Glycemic Load:4, Inflammation Score:-4, Nutrition Score:32.272608695652%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 942.05kcal (47.1%), Fat: 74.63g (114.82%), Saturated Fat: 23.95g (149.67%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.73g (4.63%), Sugar: 9.93g (11.03%), Cholesterol: 254.01mg (84.67%), Sodium: 1788.24mg (77.75%), Protein: 51.47g (102.94%), Selenium: 70.54µg (100.77%), Vitamin B6: 1.93mg (96.31%), Vitamin B3: 15.79mg (78.97%), Vitamin B1: 1.06mg (70.81%), Zinc: 8.15mg (54.34%), Vitamin B2: 0.86mg (50.82%), Phosphorus: 488.7mg (48.87%), Vitamin D: 7.3µg (48.69%), Potassium: 960.61mg (27.45%), Vitamin C: 19.16mg (23.23%), Iron: 4.01mg (22.28%), Vitamin B5: 2.12mg (21.18%), Vitamin B12: 1.21µg (20.11%), Magnesium: 68.73mg (17.18%), Copper: 0.34mg (17.02%), Vitamin E: 1.92mg (12.82%), Manganese: 0.24mg (12.15%), Calcium: 70.35mg (7.03%), Folate: 14.85µg (3.71%), Vitamin A: 167.2IU (3.34%), Vitamin K: 3.44µg (3.28%), Fiber: 0.67g (2.68%)