



Cranberry-Barbecue Riblets

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



12

CALORIES



150 kcal

SIDE DISH

Ingredients

- 2 lb baby back ribs cut in half lengthwise across bones
- 1 cup barbecue sauce
- 0.5 cup cranberries frozen thawed for chicken (from 12-oz. container)
- 0.3 cup chives fresh chopped
- 0.3 teaspoon ground mustard dry
- 0.3 teaspoon marjoram dried

Equipment

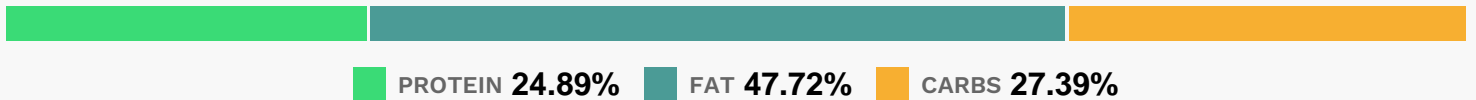
- bowl

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 375°F. Line 15x10x1-inch baking pan with foil. Spray foil with nonstick cooking spray.
- Cut ribs into individual riblets.
- Place riblets, meaty side down, in sprayed foil-lined pan; cover with foil.
- Bake at 375°F. for 30 minutes.
- Meanwhile, in small bowl, combine all remaining ingredients; mix well.
- Remove riblets from oven. Uncover; drain off liquid in pan. Turn riblets meaty side up; spoon sauce mixture over riblets.
- Return to oven; bake uncovered an additional 30 to 40 minutes or until riblets are tender and no longer pink next to bone, turning once or twice.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:5.7452173129372%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.28mg, Myricetin: 0.28mg,

Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin:
0.66mg

Nutrients (% of daily need)

Calories: 150.06kcal (7.5%), Fat: 7.95g (12.24%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 10.27g (3.42%), Net
Carbohydrates: 9.88g (3.59%), Sugar: 8.1g (9.01%), Cholesterol: 32.86mg (10.95%), Sodium: 287.03mg (12.48%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.67%), Selenium: 15.03µg (21.47%), Vitamin B3: 3.38mg
(16.91%), Vitamin B1: 0.22mg (14.98%), Vitamin B6: 0.22mg (11.13%), Vitamin B2: 0.16mg (9.44%), Zinc: 1.26mg
(8.41%), Phosphorus: 79.41mg (7.94%), Potassium: 179.07mg (5.12%), Vitamin B12: 0.27µg (4.45%), Vitamin B5:
0.44mg (4.44%), Vitamin D: 0.52µg (3.49%), Copper: 0.06mg (3.22%), Iron: 0.54mg (3.02%), Magnesium: 11.48mg
(2.87%), Manganese: 0.05mg (2.65%), Vitamin E: 0.36mg (2.43%), Calcium: 23.88mg (2.39%), Vitamin K: 2.43µg
(2.31%), Vitamin A: 102.82IU (2.06%), Fiber: 0.39g (1.57%), Vitamin C: 1.21mg (1.47%)