



Cranberry-Barbecue Riblets



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

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

Equipment

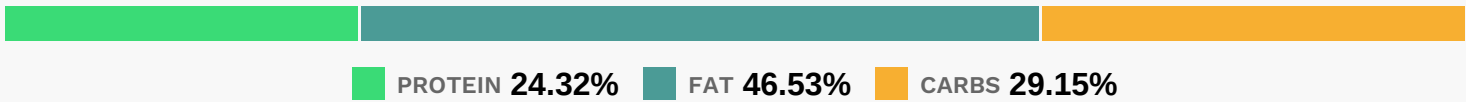
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375F. 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 375F. 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:3.75, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:5.7582608422507%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 153.77kcal (7.69%), Fat: 7.96g (12.24%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.82g (3.93%), Sugar: 9.04g (10.05%), Cholesterol: 32.86mg (10.95%), Sodium: 287.44mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Selenium: 15.03µg (21.47%), Vitamin B3: 3.42mg (17.08%), Vitamin B1: 0.23mg (15.02%), Vitamin B6: 0.22mg (11.09%), Vitamin B2: 0.16mg (9.53%), Zinc: 1.27mg (8.44%), Phosphorus: 80.13mg (8.01%), Potassium: 184.53mg (5.27%), Vitamin B12: 0.27µg (4.45%), Vitamin B5:

0.44mg (4.36%), Vitamin D: 0.52µg (3.49%), Copper: 0.07mg (3.48%), Iron: 0.56mg (3.13%), Magnesium: 11.72mg (2.93%), Vitamin A: 130.14IU (2.6%), Vitamin K: 2.67µg (2.55%), Calcium: 24.04mg (2.4%), Vitamin E: 0.31mg (2.06%), Manganese: 0.04mg (2.04%), Fiber: 0.4g (1.6%), Vitamin C: 0.85mg (1.03%)