



Cranberry Barbecued Ribs

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

READY IN



85 min.

SERVINGS



40

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pounds fatty pork fresh
- 1 cup roasted cranberry sauce whole
- 0.5 cup hoisin sauce
- 0.5 teaspoon onion powder
- 0.3 teaspoon salt
- 0.1 teaspoon pepper

Equipment

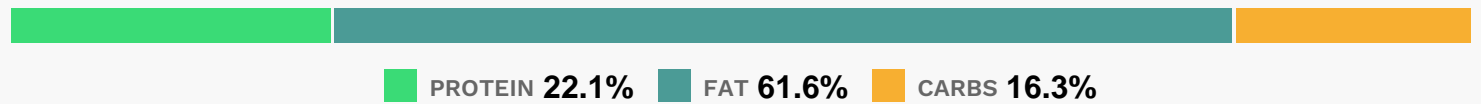
- sauce pan

- oven
- aluminum foil
- broiler pan

Directions

- Heat oven to 375°F. Grease broiler pan rack. Trim fat and remove membranes from pork riblets. (For ribs, cut between bones into serving pieces.)
- Place pork, meaty sides up, in single layer on rack in broiler pan. Cover with aluminum foil and bake 50 minutes.
- Mix remaining ingredients.
- Brush pork with half of the cranberry mixture.
- Bake uncovered 10 to 20 minutes longer or until pork is tender. (If using Do-Ahead Tip, stop here.)
- Heat remaining cranberry mixture to boiling in 1-quart saucepan.
- Serve with pork.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3782608797369%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 108.26kcal (5.41%), Fat: 7.34g (11.29%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.19g (1.52%), Sugar: 3.17g (3.52%), Cholesterol: 24.6mg (8.2%), Sodium: 89.64mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin B1: 0.25mg (16.69%), Selenium: 8.46µg (12.09%), Vitamin B3: 1.52mg (7.62%), Vitamin B6: 0.13mg (6.68%), Phosphorus: 61.21mg (6.12%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.24µg (3.97%), Potassium: 104.02mg (2.97%), Vitamin B5: 0.23mg (2.3%), Iron: 0.36mg (2.02%), Magnesium: 7.47mg (1.87%), Copper: 0.02mg (1.09%)