



Cranberry Glazed Pork Ribs



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon mustard dijon-style prepared
- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 pounds pork ribs country style
- ☐ 8 ounce cranberry sauce whole canned

Equipment

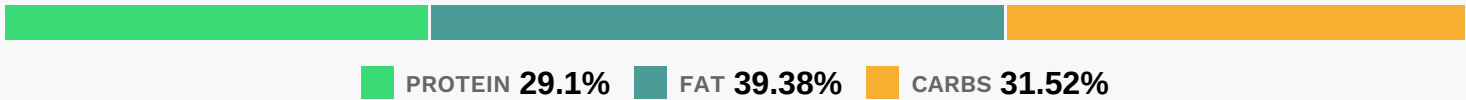
- ☐ frying pan
- ☐ sauce pan

☐ grill

Directions

- ☐ In a small saucepan stir cranberry sauce, cinnamon stick, mustard and orange zest over medium heat for 5 minutes or till bubbly. Set aside.
- ☐ On preheated coals (medium heat) with a drip pan, place ribs on grill.
- ☐ Brush with sauce. Cover and grill for 45 to 60 minutes, brushing occasionally with sauce, until ribs are tender and no pink remains.
- ☐ Heat remaining sauce.
- ☐ Remove and discard cinnamon stick.
- ☐ Serve sauce with ribs.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:8.4252174464257%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 202.7kcal (10.13%), Fat: 8.86g (13.63%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.09g (5.49%), Sugar: 12.07g (13.41%), Cholesterol: 54.54mg (18.18%), Sodium: 75.89mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Selenium: 24.83µg (35.47%), Vitamin B6: 0.41mg (20.29%), Vitamin B1: 0.29mg (19.16%), Phosphorus: 146.91mg (14.69%), Zinc: 2.09mg (13.92%), Vitamin B12: 0.74µg (12.28%), Vitamin B5: 1.2mg (11.97%), Vitamin B3: 2.33mg (11.67%), Vitamin B2: 0.2mg (11.57%), Potassium: 251.95mg (7.2%), Manganese: 0.14mg (7.15%), Iron: 0.87mg (4.85%), Magnesium: 17.86mg (4.46%), Vitamin E: 0.54mg (3.63%), Copper: 0.07mg (3.57%), Fiber: 0.87g (3.47%), Vitamin D: 0.52µg (3.44%), Calcium: 25.31mg (2.53%), Vitamin C: 0.86mg (1.05%)