



Cranberry Orange-Glazed Kansas City Spare Ribs

 Gluten Free  Dairy Free

READY IN



350 min.

SERVINGS



10

CALORIES



1339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups barbecue sauce
- 4 tablespoons chili powder
- 2 tablespoons mustard dry
- 4 tablespoons garlic powder
- 0.5 cup honey
- 4 tablespoons hungarian paprika
- 4 tablespoons onion powder

- 3 cups orange juice
- 3 tablespoons salt
- 4 large racks kansas city cut spare ribs hard
- 12 ounce cranberry sauce canned

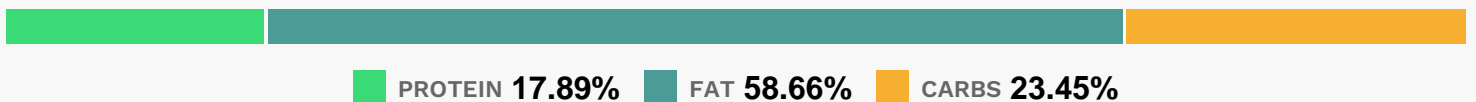
Equipment

- bowl
- sauce pan
- grill
- stove

Directions

- A few hours before beginning the slow cooking of the ribs, make the dry rub by combining garlic powder, onion powder, chili powder, paprika, dry mustard, and salt in a bowl and mixing well. Rub the seasoning mix into the meat and let sit for a few hours. The mixture will melt into the meat.
- About 30 minutes before beginning to barbecue, heat the grill.
- On the stovetop, combine orange juice, honey, and cranberry sauce in a saucepan, stirring to mix well. Simmer over low heat until it begins to thicken, then add barbecue sauce.
- Let simmer for 1/2 hour.
- Place ribs on the grill and slowly cook, turning occasionally. When meat begins to become fork tender, begin brushing on the sauce. Continue to apply the sauce to the ribs during the barbeque process. When ribs are able to pull apart, they are ready.

Nutrition Facts



Properties

Glycemic Index:12.43, Glycemic Load:11.41, Inflammation Score:-9, Nutrition Score:43.253043464992%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 1339.13kcal (66.96%), Fat: 87.29g (134.3%), Saturated Fat: 27.65g (172.78%), Carbohydrates: 78.49g (26.16%), Net Carbohydrates: 74.19g (26.98%), Sugar: 60.35g (67.05%), Cholesterol: 291.2mg (97.07%), Sodium: 3333.17mg (144.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.9g (119.81%), Selenium: 86.45µg (123.51%), Vitamin B6: 2.4mg (119.89%), Vitamin B3: 18.59mg (92.94%), Vitamin B1: 1.31mg (87.21%), Zinc: 9.89mg (65.93%), Vitamin B2: 1.07mg (63.09%), Phosphorus: 597.33mg (59.73%), Vitamin D: 8.37µg (55.81%), Vitamin A: 2683.63IU (53.67%), Vitamin C: 38.98mg (47.25%), Potassium: 1449.84mg (41.42%), Iron: 5.8mg (32.24%), Vitamin E: 4.51mg (30.1%), Vitamin B5: 2.72mg (27.23%), Copper: 0.5mg (24.84%), Magnesium: 99.21mg (24.8%), Vitamin B12: 1.38µg (23.05%), Manganese: 0.4mg (19.76%), Fiber: 4.3g (17.22%), Calcium: 128.41mg (12.84%), Folate: 32.55µg (8.14%), Vitamin K: 7.93µg (7.55%)