



Glazed Pork Ribs with Horseradish Apple Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples crisp cut into matchstick-size strips (such as Braeburn or Granny Smith)
- ☐ 3 pounds baby-back pork ribs
- ☐ 2 teaspoons cider vinegar
- ☐ 1 tablespoon brown sugar dark
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon horseradish prepared
- ☐ 4 servings kosher salt and pepper
- ☐ 4 cups napa shredded green

- ☐ 1 bunch scallions light white green thinly sliced (and parts)
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup worcestershire sauce

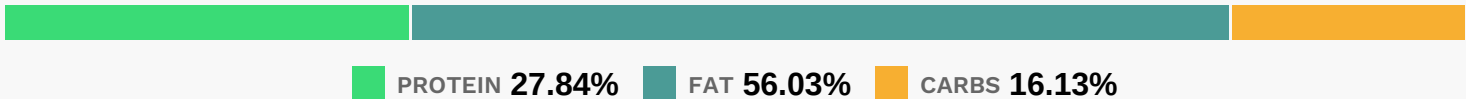
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium. Season the ribs with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place on grill, cover, and cook 20 to 25 minutes, turning often, until cooked through and tender. Meanwhile, in a small bowl, combine the Worcestershire, mustard, and brown sugar. Baste the ribs with the sauce during the last 5 minutes of cooking. In a large bowl, whisk together the sour cream, horseradish, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add the cabbage, apples, and scallions and toss.
- ☐ Cut the ribs apart, divide among plates, and serve with the slaw.Shortcut: If you're pressed for time, use pork chops, which require just 12 minutes of cooking. Turn them only once.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:4.57, Inflammation Score:-6, Nutrition Score:31.464782528255%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 606.82kcal (30.34%), Fat: 38.3g (58.93%), Saturated Fat: 13.92g (87%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 20.28g (7.37%), Sugar: 17.38g (19.31%), Cholesterol: 156.36mg (52.12%), Sodium: 721.83mg (31.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.83g (85.66%), Selenium: 69.35µg (99.08%), Vitamin B3: 14.99mg (74.97%), Vitamin B1: 1.07mg (71.35%), Vitamin K: 68.17µg (64.92%), Vitamin B6: 1.05mg (52.36%), Vitamin B2: 0.76mg (44.85%), Vitamin C: 34.26mg (41.53%), Phosphorus: 391.31mg (39.13%), Zinc: 5.79mg (38.61%), Potassium: 944.1mg (26.97%), Vitamin B12: 1.23µg (20.51%), Vitamin B5: 2.04mg (20.4%), Fiber: 4.54g (18.15%), Iron: 3.24mg (18%), Vitamin D: 2.36µg (15.72%), Calcium: 146.74mg (14.67%), Magnesium: 57.13mg (14.28%), Copper: 0.28mg (14.22%), Manganese: 0.22mg (10.84%), Folate: 41.6µg (10.4%), Vitamin A: 333.25IU (6.66%), Vitamin E: 0.91mg (6.07%)