



Grilled Country Style Ribs with Peanut Mole Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



61 min.

SERVINGS



8

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves chopped
- 1 cup peanut butter-mole sauce divided
- 4 lb pork ribs bone-in country-style
- 3 Tbsp planters roasted peanuts dry chopped

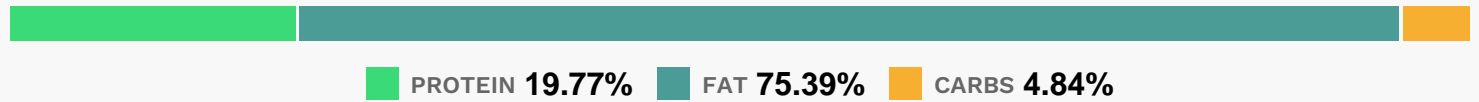
Equipment

- grill

Directions

- Preheat grill to medium-high. Wash and pat ribs dry. Reserve 1/2 cup of the Peanut Mole Sauce for serving with ribs.
- Place ribs on grate of grill; brush with remaining sauce. Cover grill. Cook on indirect heat for 30 to 35 min. or until ribs are cooked through, turning over and brushing with additional sauce after 18 to 20 min. Turn ribs over again.
- Brush with remaining sauce and cook an additional 5 min., turning over after 3 min. and brushing with additional sauce.
- Sprinkle with cilantro and peanuts, if desired.
- Heat the reserved sauce; serve with ribs.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:21.164782875258%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 654.42kcal (32.72%), Fat: 55.5g (85.38%), Saturated Fat: 15.5g (96.87%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.13g (2.23%), Sugar: 3.57g (3.97%), Cholesterol: 127.01mg (42.34%), Sodium: 282.55mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.48%), Vitamin B3: 12.24mg (61.18%), Vitamin B6: 1.07mg (53.63%), Selenium: 36.6µg (52.29%), Vitamin B1: 0.56mg (37.13%), Phosphorus: 347.03mg (34.7%), Zinc: 4.89mg (32.63%), Manganese: 0.57mg (28.45%), Vitamin B2: 0.47mg (27.55%), Vitamin E: 3.72mg (24.82%), Vitamin D: 3.65µg (24.34%), Magnesium: 86.71mg (21.68%), Potassium: 592.46mg (16.93%), Copper: 0.28mg (13.98%), Vitamin B5: 1.39mg (13.89%), Iron: 2.07mg (11.5%), Vitamin B12: 0.6µg (10.05%), Folate: 31.68µg (7.92%), Fiber: 1.88g (7.51%), Calcium: 42.13mg (4.21%), Vitamin K: 1.65µg (1.57%)