

DINNER

Kiwi-Lime Pork Ribs

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	10 min	60 min	6	\$1.66	542 kcal



Kiwi-Lime Pork Ribs is a gluten free and dairy free main course. This recipe serves 6 and costs \$1.66 per serving. One serving contains 542 calories, 25g of protein, and 38g of fat. If you have chili powder, salt, cornstarch, and a few other ingredients on hand, you can make it.

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 2 tablespoons cornstarch
- ☐ 2 kiwis, peeled and sliced
- ☐ 3 pound package country-style pork ribs
- ☐ ½ cup white sugar
- ☐ 2 tablespoons cider vinegar
- ☐ 1 clove garlic, minced
- ☐ 2 tablespoons lime juice
- ☐ 2 tablespoons salt

EQUIPMENT Baking sheet, Oven, Blender, Aluminum foil

Method

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Blend kiwis, sugar, vinegar, lime juice, salt, chili powder, cornstarch, and garlic in a blender until thickened into a sauce.
- 3 Place pork ribs on a baking sheet.
- 4 Drizzle blended kiwi sauce over ribs.
- 5 Loosely cover ribs with a sheet of aluminum foil.
- 6 Cook in preheated oven until tender, about 1 hour.

Nutrition per serving

542	25 g	38 g	25 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12 g · 75% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			19.7 g · 22% of daily needs
Sodium			2,500 mg · 109% of daily needs
Cholesterol			127 mg · 42% of daily needs
Vitamin C			24.3 mg · 30% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/kiwi-lime-pork-ribs-142173